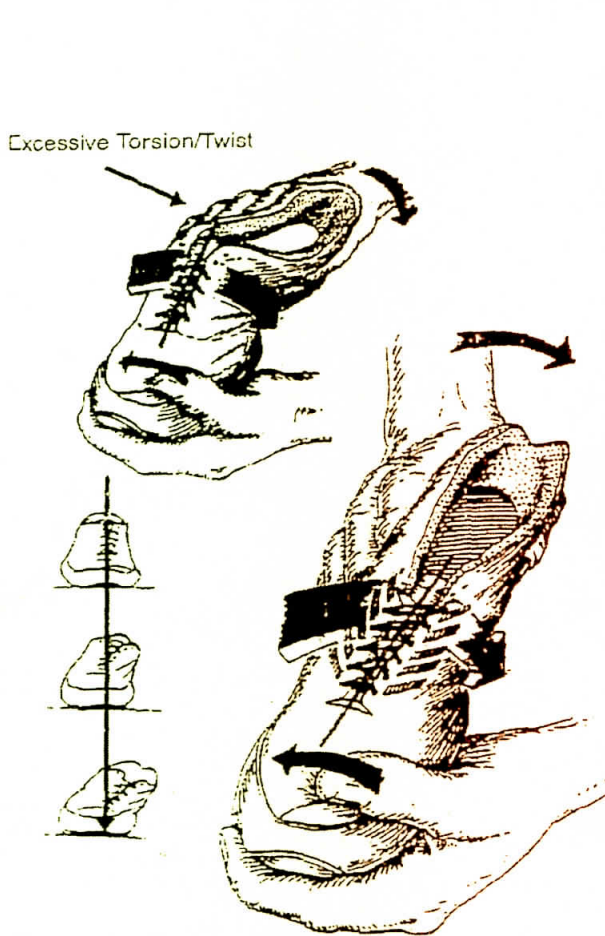
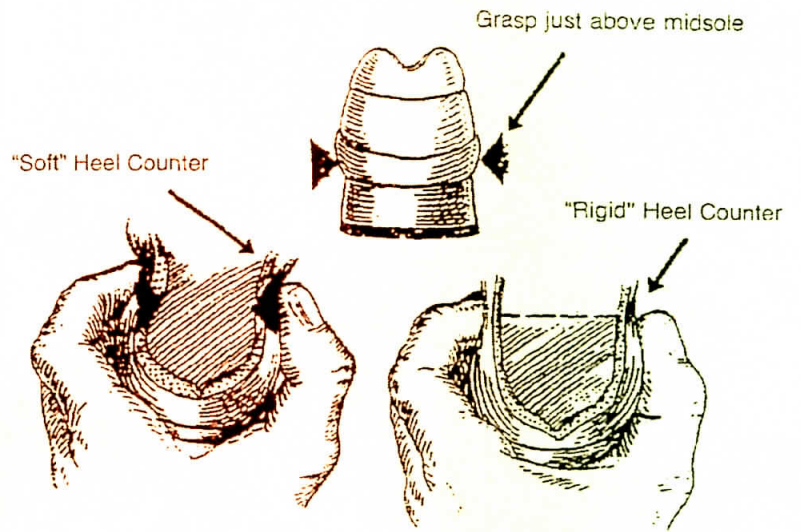


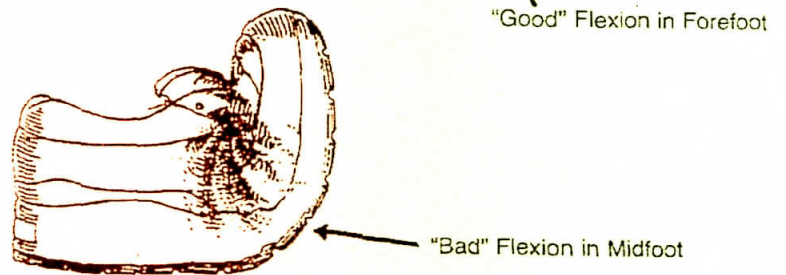
# Three Tests to Determine Motion Control/Anti-Pronation



## 1. Torsional Rigidity



## 2. Heel Counter Rigidity



## 3. Flexion Stability

\*\* A shoe must NOT torque/twist or flex in the middle or "midfoot" and have a "rigid/stiff" heel counter to qualify as a moderate to excellent motion control/anti-pronation shoe.\*\*