



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

SOCK VERSION

(A clinical guide)

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Including Minimalistic running shoes, Natural running shoes, Minimalistic Running Shoe Scale, Football / Soccer, Rugby, Court sports shoes, Hockey, Netball, Cycling, and socks. Some Safety boots are included. Only shoe models that are available in South Africa are included.



As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

The information contained in this guide is current at the time of publication, and every attempt has been made to ensure accuracy.

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SOCKS SOCKS SOCKS SOCKS SOCKS SOCKS

Updated: 08/99 - 06/07 (27), 2/2015

FALKE 2/2015	<p>Key Features</p> <p>Seamless toe closing to ensure a blister free fit.</p> <p>Drynamix moisture management technology that keeps your feet dry. Assist with wicking moisture away from feet.</p> <p>Ventilation knitted channels to improve moisture management.</p> <p>Silver Technology-</p> <p>Yarn is impregnated with a Silver Antimicrobial agent to ensure your socks stay fresh and smell good for longer.</p> <p>Arch Support – socks fits better and grips the arch of your foot slightly to ensure that socks stays in position.</p> <p>Falke offer cushioned or non-cushioned options depending on a runner's preference.</p> <p>Left and Right technology for a perfect fit.</p> <p>Sports Specific Styles -</p> <p>Road Running- 965% C, 33% PA, 2% L) Cushioned heel or toe for added comfort on high impact areas. (85% C, 15% PA)</p> <p>Non-cushioned styles for runners seeking a second skin feel.</p> <p>All running socks come standard with a seamless toe, drynamix moisture management, arch support and ventilation channels.</p> <p>Trail Running- well cushioned and offered in darker colors. (60% C, 30% PP, 8% PA, 2% L)</p> <p>Compression Socks- Engineered in Germany with graded compression to improve blood circulation and speeds up recovery.</p> <p>Tennis Range- bright colors for ladies and standard ankle for men- all well cushioned (90% C, 10% PA)</p> <p>Golf- Standard colors and all well cushioned.</p> <p>MTB – well cushioned on high impact areas – darker colors.</p> <p>Road cycling- a short crew and a long version. Bright colors and non-cushioned. (65% C, 27% PP, 6% PA, 2% L)</p> <p>Squash – well cushioned with a wool blend.</p> <p>Hiking – thermal options AH4 and well cushioned with wool and mohair options.</p> <p>Netball – well cushioned foot.</p> <p>Practice field socks- Soccer/rugby with a unique cotton foot that is well cushioned with added arch support.</p> <p>Cricket socks- well cushioned, thick shaft for added comfort when wearing cricket pads.</p> <p>Ladies Gym Socks- low cut , bright colors and well cushioned.</p> <p>Hidden Cool- L/R Options most popular. Well cushioned</p> <p>and a high percentage of Drynamix to allow for better moisture management</p>
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	without sacrificing the added cushioning.
NIKE	Dri-Fit (cushioned) (74% CM, 21% N, 2% L, 3% R) Performance Cushioned – dri fit
ADIDAS	Running (cotton blend) All purpose (cotton blend)
ASICS	DuoTech
NEW BALANCE	Running (light) (66% C, 32% PA, 2% L) Running (cushioned) (33% C, 45% PP, 22% PA) Secret Socks
TOTAL SPORTS	Running (65% C, 35% PA)
WOOLWORTHS	Sport (80% C, 18% N, 2% L) Sport (78% C, 20% N, 2% EL)
FIRST ASCENT	Swift trail running – mohair and bamboo Slopesider - snow sport (Bamboo) Explorer – hiking (B) Approach – hiking (B) Swift – trail running (B) Dirt rider – MTB (B) Asphalt – road cycle (B) Coolmax Double Layer (80% coolmax, 15% nylon, 5% lycra) Coolmax 5 toe (95% coolmax, 5% lycra)
REEBOK	Running crew - (cotton lycra blend) 80% cotton, 18% nylon, 2% elastane
THORLO	Experia Micro Mini-crew (coolmax) 84N Micro mini Classic thick cushion
INJINJI	Socks for vibram shoes – toe socks – See Vibram 
MHR	Trail running velocity – mohair and bamboo
BOVA	SAFETY BOOT SOCKS Bova sox Smelter socks Sisisox
PROTECT IT SOCKS	Smooth seamless, multizone const, memory fabric, arch support, silver ions, wrinkle free fabric, TA protector, ventilation zone, Y heel pocket, moisture pump action, black / white, crew length (long), ankle length (short). Therapeutic line 66% Giza Egyptian cotton, 31% polyamide, 3% lycra & elastomer Comfort line 66% Giza Egyptian cotton, 31% polyamide, 3% lycra & elastomer
FS 6	FS 6 Compression sock for PF – various different compression zones
K - SWISS	K-Swiss protection sock (for barefoot running)

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	50%kevlar, 32% polyester, 10% cotton, 8% spandex
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REFERENCE : C – cotton, N – nylon, PP – polypropylene, PA – polyamide, L – lycra, CM – coolmax, R – rubber, EL – elastane lycra, Tactel, Antipronation Technology, Antisupination Technology, Hidden Cool, Silver fiber technology, bamboo, mohair, Coolmax

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COMPRESSION SOCKS COMPESSION SOCKS

Introduced: 10/2010, 3/2011, 6/2011, 03/2012

As the primary focus of this publication is Technical Running shoes, all other sports shoe categories are not complete. They are a work in progress.

Nike elite running compression sock	L+R, Dri fit fabric
Falke energizing plus compression socks	Choice light, medium, heavy cushioning
Rocket compressox	Size as per calf circumference
Headstart	Sportsmans Warehouse
Linebreak	Sportsmans Warehouse
Rockets (various)	Medac
CPR First Ascent	Calf protectors
Recharge	Recharge compression socks
2XU	C0mpression race socks
COMPRESS SPORT	Socks
NEW BALANCE	NB compression – L+R, Lightening dry material