



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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ON SHOE GUIDE

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 to ensure accuracy.

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By Dennis Rehbock, Sports Podiatrist



Run on Clouds.








 Swiss Engineering

Introduced 8/2017 (045, 11/2017, 6/2018, 2/2019, 5/2019, 8/2019)

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	<p>On Cloudstratus RF–FF–HD8mm</p>  <p>ON Cloud RF–FF–HD6mm – lifestyle</p>  <p>ON Cloud Waterproof RF–FF–HD6mm – lifestyle</p>  <p>ON Cloudace RF–FF–HD6mm – high mileage</p>  <p>ON Cloudflow RF–FF–HD6mm - Racer / trainer</p>  <p>ON Cloudflyer RF–FF–HD7mm - Trainer</p> 

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	<p>On Cloud X RF–FF–HD6mm - Running remixed – Multi</p>  <p>ON Cloudsurfer RF–FF–HD6mm – Trainer</p>  <p>ON Cloudswift RF–FF–HD7mm – Trainer</p>  <p>ON Cloud Terry RF–FF–HD6mm</p> 
RACING	<p>ON Cloudflash RF–FF–HD5mm – Racing</p> 
TRAIL	<p>ON Cloudventure RF–FF–HD6mm</p>  <p>ON Cloudventure Waterproof RF–FF–HD6mm NO NO NO</p>  <p>ON Cloudventure Peak RF–FF–HD4mm</p> 

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	<p>On Cloud Rock Waterproof RF-FF-HDMM NO NO NO</p> 
<p>MAXIMALIST</p>	
<p>OTHER</p>	<p>Active wear - ON Running Cloud BLACK RF-FF-HD6mm – USA 5 – 12/13</p> 

TECHNOLOGY: Cloud technology mid and outsole. Zero gravity eva, V moulded heel cap, , speed board

