

Dr. David Kirlin, DPM

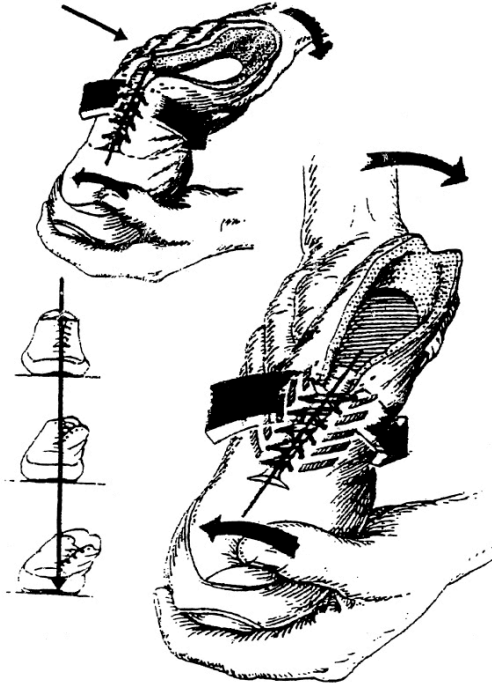
Dr. Ryan Meredith, DPM

Dr. Wagner Santiago, DPM



## The Three Point Test for Choosing Your Shoe

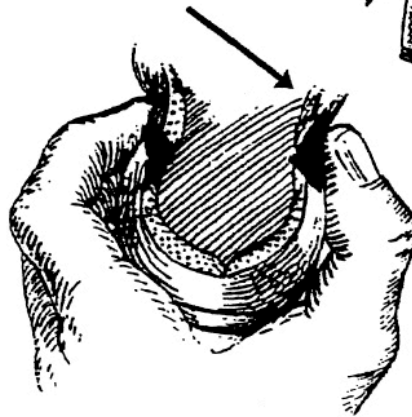
Excessive Torsion/Twist



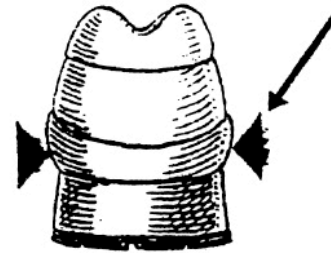
1. Torsional Rigidity

Grasp just above midsole

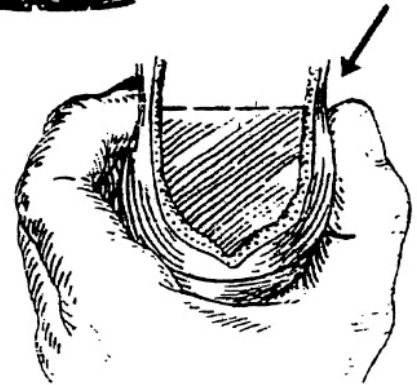
"Soft" Heel Counter



2. Heel Counter Rigidity



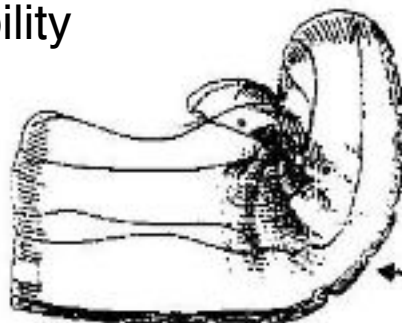
"Rigid" Heel Counter



3. Flexion Stability



"Good" Flexion in Forefoot



"Bad" Flexion in Forefoot