

## **Doctors Kevin and Heather Vincent are featured in a Wall Street Journal article about selecting the right running shoe.**

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Doctors Kevin and Heather Vincent have been featured in the Wall Street Journal article about the dynamic shift in regards to selecting the right running shoe.

"It's been a learning curve for all of us in the field," says [Heather Vincent](#) [2], director of the [University of Florida Sports Performance Center](#) [3]. "For so long, running shoes were designed to change how the feet move or restrict how they move."

Dr. Vincent wrote the ACSM guide with her husband, [Kevin Vincent](#) [4], director of the [University of Florida Running Medicine Clinic](#) [5]. The Vincents, who run in lightly cushioned shoes with little to no heel lift, say that overbuilt shoes can alter the normal foot motion and force lower-body joints to compensate.

For more information, you can read the full Wall Street Journal article, "[The Just-Right Running Shoe](#) [6]."

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### **Links**

[1] <http://ufsportsperformance.com/taxonomy/term/4>

[2] <http://www.ortho.ufl.edu/hk-vincent>

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[4] <http://www.ortho.ufl.edu/kr-vincent>

[5] <http://www.ortho.ufl.edu/uf-running-medicine-clinic>

[6] <http://online.wsj.com/articles/the-just-right-running-shoe-1406068998>