A) Shoes with maximal cushioning help decrease ground impact and knee joint forces

![Graph](image)

PRE RUN vs. PRE HCP: p=0.001†
RUN PRE vs. POST: p=0.001†
HCP PRE vs. POST: p=0.001†

RUN PRE: -1.1 [-1.8, -0.4]
RUN POST: -0.6 [-1.0, -0.2]
HCP PRE: -5.4 [-6.2, -4.7]
HCP POST: -5.8 [-6.5, -5.1]

B) Shoes with minimal cushioning help decrease ground impact and knee joint forces

![Graph](image)

PRE RUN vs. PRE HCP: p=0.001†
RUN PRE vs. POST: p=0.001†
HCP PRE vs. POST: p=0.001†

RUN PRE: 0.6 [0, 1.2]
RUN POST: 0.3 [-0.3, 1.0]
HCP PRE: 3.3 [2.5, 4.1]
HCP POST: 2.9 [2.1, 3.7]

C) A softer shoe sole helps to prevent injuries

![Graph](image)

PRE RUN vs. PRE HCP: p=0.001†
RUN PRE vs. POST: p=0.001†
HCP PRE vs. POST: p=0.001†

RUN PRE: -3.0 [-3.5, -2.4]
RUN POST: -2.8 [-3.3, -2.3]
HCP PRE: -5.4 [-6.1, -4.8]
HCP POST: -5.7 [-6.3, -5.1]

D) A greater heel to toe drop (higher heel than the toes) helps to prevent injuries

![Graph](image)

PRE RUN vs. PRE HCP: p=0.001†
RUN PRE vs. POST: p=0.001†
HCP PRE vs. POST: p=0.001†

RUN PRE: -3.8 [-4.3, -3.3]
RUN POST: -2.7 [-3.2, -2.2]
HCP PRE: -5.9 [-6.5, -5.3]
HCP POST: -5.4 [-6.0, -4.8]

E) Changing to a different category of running shoes can lead to injury (example: going from maximalist to minimalist)

![Graph](image)

RUN PRE vs. HCP PRE: p=0.001†
RUN PRE vs. POST: p=0.001†
HCP PRE vs. POST: p=0.307*

RUN PRE: 5.0 [4.6, 5.5]
RUN POST: 4.4 [3.9, 4.9]
HCP PRE: 6.1 [5.6, 6.7]
HCP POST: 6.0 [5.4, 6.5]

F) Selecting shoes according to foot type (motion control shoes for low arches, stability shoes for normal arches, neutral shoes for high arches) helps to prevent injuries

![Graph](image)

RUN PRE vs. HCP PRE: p=0.001†
RUN PRE vs. POST: p=0.001†
HCP PRE vs. POST: p=0.017*

RUN PRE: 0.8 [0.2, 1.5]
RUN POST: -1.8 [-2.4, -1.1]
HCP PRE: -5.0 [-5.7, -4.3]
HCP POST: -5.7 [-6.3, -5.0]

Strongly disagree | Neutral / Uncertain | Strongly agree