

# Fact Sheet

# Athletic Shoes

As individual as each sport is – so is finding the right shoe for your sporting activity. No two shoes are the same. The most important thing about getting the right shoe for your feet is to ensure your feet are measured and the correct size is chosen. This will enhance performance and prevent injuries.

## Highett Podiatry's Top Tips for athletic shoes:

- If possible, purchase athletic shoes from a specialty store. The specialty staff will provide valuable input on the type of shoe needed for your sport as well as help with proper fitting. This may cost a premium in price but is worthwhile, particularly for shoes that are used often.
- Try on shoes after a workout or run and at the end of the day. Your feet will be at their largest.
- Wear the same type of sock that you will wear for that sport.
- If you have orthotics for your sporting activities – take them with you to ensure a good fit.
- When the shoe is on your foot and you are standing up, you should be able to freely wiggle all of your toes.
- The shoes should be comfortable as soon as you try them on. There is NO break-in period.
- Walk or run a few steps in your shoes. They should be comfortable.
- There should be a firm grip of the shoe to your heel area. Your heel should not slip as you walk or run.
- If you participate in a sport three or more times a week, you need a sport-specific shoe.
- Generally the lifespan of running shoes is about 800-1000kms. They may wear faster depending on how often you use them and on what surfaces. Running on the road or pavement tend to wear shoes quicker due to the surfaces being rough and hard wearing down the sole quicker.
- The best way to tell if your shoes are worn is to use your own intuition. Have a look at your shoes, see if there are any worn patches on the sole. Is the upper stretched or maybe a hole here or there? Are you getting any friction or blisters? Your body will notice any of those aches and pains in your ankles, shins, knees, hips or back. These are all warning signs that your shoes are in need of replacing.



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### **ALWAYS CONSULT A TRAINED PROFESSIONAL**

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