

## INFORMATION GUIDE

# Foot Fitness

### PICK THE RIGHT SHOE FOR THE JOB

- Wear shoes only for the activity for which they're designed.
- Using running shoes for court sports can result in ankle sprains and knee injuries due to inadequate lateral stability.
- Conversely, running in court shoes can result in knee, shin, ankle or foot pain due to inadequate support and shock absorption.
- Cross trainers are fine for court sports and limited walking or running if your mechanics are good.
- Any significant amount of weekly mileage makes specialized running shoes a much wiser choice.

### KNOW WHEN TO SAY WHEN

Even though we can get pretty attached to a favorite pair of athletic shoes, hanging on to the relationship too long can hurt – your feet! While the uppers may look fine, cushioning and support structures begin to fail after 500 miles. At 20 miles per week, that's 25 weeks, or about 6 months. Plantar fasciitis, which feels like having an ice pick jabbed in your heel, is a common result of violating this rule.

### PRACTICE PRINCIPLES OF FOOT INJURY PREVENTION

The same practices, which help us avoid injuries elsewhere in the body, should be applied to help avoid foot injuries:

- Heel cords and arch stretches should be included with hamstring and calf stretches.
- Trim nails close to avoid “black toes” – the runner’s term for subungual hematomas, which are painful pressure bruises under toenails.
- Treat skin conditions such as athlete’s foot aggressively; ***if over-the-counter remedies fail, see us!***
- Cross training can avoid injuries due to repetitive stresses. Any increases in mileage should be gradual – no more than 10 percent per week.
- If pain does occur, pay attention. Ice down sore spots, and ***if pain persists, call us!***

## KNOW YOUR FEET

- Advanced designs in running shoes now provide features which can protect a variety of different foot types from injury.
- Choose the right shoe for **your** foot type - the three basic foot types are pictured below.
- Pronation refers to the unlocking and rolling inward of the foot at midstride, which allows the foot to adapt to varying surfaces and to absorb shock.
- Too little pronation (as with high, rigid arches) results in poor shock absorption and potential injuries.
- Too much pronation (as with flat-arches) can result in pain and injuries due to “slop factor” or instability.

Shoe construction can help compensate for these problems. The last, shape, design, and components help determine the characteristics of the shoe and the type of foot that will benefit.

Running Type	Over-pronator	Neutral	Under-pronator
<b>Foot Shape</b>			
<b>Foot Description</b>	low, flexible arch - also known as a “flat foot”	medium arch	high, rigid arch
<b>Correct Shoe Category</b>	<b>Motion Control</b> Built with straight shape, firmer and wider midsole	<b>Stability</b> Built with semi-curved shape	<b>Neutral/Cushion</b> Built with a semi-curved shape
<b>Effect</b>	Controls excessive motion of foot	Allows foot to pronate naturally	Promotes normal pronation
<b>Your foot type</b>			

## 3 KEYS TO THE RIGHT FIT

- A thumbnail-length space between the end of your big toe & the front of your shoe.
- Little or no slipping at the heel.
- Try shoes on later in the day (due to foot swelling during the day) & choose shoes that fit your largest foot (your feet may differ in size).