

## Common Types of Athletic Footwear

- Running Shoes, Court Shoes, Cleats and Walking Shoes

They each have different features that are important for that given activity. Walking shoes are usually the most casual and are similar to a dress shoe. If you walk regularly as part of a fitness program, running shoes would likely be a better choice for you. Walking shoes are more appropriate for work or going on short walks. It is hard to find cleats and court shoes that provide good support. Look for shoes with removable insoles in case you need an orthotic.

If you have foot, ankle, leg or back pain and want to know more about how proper footwear can help you, contact your physiotherapist or your doctor.

Runners should be replaced on a regular basis, long before they look like this:



## Hours of Operation

Monday-Friday

7 am – 7 pm

Saturday appointments available

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*Orthopaedic and Sports Injury Clinic*

## A Guide to Help Choose Proper Active Footwear



Call 489-4737



**Match your shoes to your body type and foot mechanics**

## Why is a good shoe so important?

- Cushions the foot from the huge forces of weight bearing activities
- Supports & protects the foot from daily activities
- Provides traction and protects all aspects of the foot from the harsh surfaces encountered
- Improves overall function and performance in work, leisure and recreational activities
- Shoes are often part of treatment for foot, ankle, and leg injuries

## What should a proper fit feel like?

- Have at least a thumb pad's width between the end of the shoe and the end of the longest toe
- Your heel should not slip up and down in the back of the shoe

- They should be the proper width for your foot. Therefore your foot should not slide around from side to side or feel cramped
- The upper fabric should not sag or buckle in the midfoot region

When you purchase new shoes, try them around your house for a couple of days to ensure that they fit properly. Most shoe stores will return shoes if they are not dirty or haven't been worn outdoors.

## How do I find the best shoe for me?

Everyone's feet are shaped differently and the shoe that will work best for you will:

- meet the shape/structure of your foot
- be appropriate for the activities that you will be doing
- fit properly and be comfortable
- be of good quality

### **Motion Control Shoes**

If your feet roll excessively from side to side (over pronation) when you walk, then your shoes should have the following:

- Firm heel counter at the back of the shoe
- Resistance to torsion, not allowing shoes to be 'wrung out'
- The shoe should only bend where your foot bends (at the toes and not the mid foot).
- Stable upper with extra reinforcement
- Firm midsole with denser material components to resist compression

### **Shock Absorbing Shoes**

If you strike down hard on your foot with every stride or have joints that are stiff, your shoes have to have shock absorbing features in the midsole that allows flex or torsion. They must also have a stable upper and a firm heel counter to resist outward roll of the foot.