

AVOID PAIN & RAISE YOUR GAME

SHOES FOR SPORTS

Sport-specific shoes can really affect the way you play. Make sure to have your feet professionally measured by today's podiatrist to find a correctly sized shoe. If you participate in a certain sport at least two to three times a week, you should wear a sport-specific shoe.

Avoid some serious pain and raise your game by checking out the best shoes for several sports below:

BASKETBALL

Common foot injuries: sprains, tendinitis, stress fractures

The perfect basketball shoe should:

- Have a **thick, stiff sole** that gives support while running and landing jumps.
- Have **high ankle construction** that supports the ankle during quick changes in direction.

SOCCER

Common foot injuries: ankle sprains, turf toe, ingrown toenails

The perfect soccer cleat should:

- **Not have more than a half inch of space** between the big toe and the end of the shoe.
- **Feature the stud type for the ground** that will be played on most often: soft, hard, or firm.

FOOTBALL & LACROSSE

Common foot injuries: turf toe, Achilles tendinitis

The perfect football cleat should:

- **Have a good amount of high ankle support.** This is especially important for linemen and other players who make frequent sideways movements during play.
- **Allow for proper traction on a grassy field,** in both wet and dry conditions. This will largely help to prevent injury.

RUNNING

Common foot injuries: plantar fasciitis, shin splints, Morton's neuroma

The perfect running shoe should:

- **Provide maximum shock absorption,** to help runners avoid ailments.
- **Match your foot's arch type** (high, medium, low).

