

PLAY it **SAFE**

SPORT-SPECIFIC SHOES CAN AFFECT THE WAY YOU PLAY!

If you participate in a certain sport at least two to three times per week, you should wear a sport-specific shoe. Talk to today's podiatrist and review the chart below so you know what to look for when purchasing athletic shoes.

SPORT	COMMON FOOT OR ANKLE INJURIES	THE APPROPRIATE FOOTWEAR SHOULD...
<p>BASKETBALL, TENNIS, AND VOLLEYBALL</p> 	<p>sprains, stress fractures, Achilles tendinitis</p>	<p>Have a thick, stiff sole that provides support for impact.</p> <p>Have high ankle construction that supports the ankle during quick changes in direction (for basketball).</p> <p>Be lighter, have less midsole support, and contain a sole more responsive to quick starts and stops (for volleyball).</p>
<p>FOOTBALL AND LACROSSE</p> 	<p>turf toe, Achilles tendinitis, ankle sprains, midfoot sprains</p>	<p>Have a good amount of high ankle support. This support is especially important for linemen and other players who make frequent lateral movements during play.</p> <p>Allow for proper traction on a grassy field, in both wet and dry conditions.</p> <p>Never be hand-me-downs; ill-fitting cleats increase the risk of ankle injuries.</p>
<p>SOCCER</p> 	<p>ankle sprains, turf toe, ingrown toenails, Sever's disease</p>	<p>Have a good-quality footbed, which can help provide proper support for the arch and user's foot type.</p> <p>Feature the stud type for the ground that will be played on most often: soft, hard, firm, or turf.</p> <p>Use molded rubber cleats rather than the screw-on variety.</p>
<p>BASEBALL AND SOFTBALL</p> 	<p>sprains, stress fractures, plantar fasciitis, tendinitis</p>	<p>Offer support to prevent arch pain, which frequently affects catchers. Customized shoe inserts called orthoses may help alleviate the pain.</p> <p>Not include metal baseball spikes for athletes younger than 13.</p> <p>Try multi-cleats for children ages 11-15 to avoid heel pain.</p>
<p>RUNNING</p> 	<p>plantar fasciitis, tendinitis, Morton's neuroma, stress fractures</p>	<p>Provide shock absorption to help runners avoid injury. Running shoes are made for high-impact forward motion and should not be used for sports with lateral movement.</p> <p>Match your foot's arch type (high, medium, low). A podiatric physician can measure your feet and let you know what type to look for.</p> <p>Be replaced after 600-800 miles of running or walking, or every 6-8 months.</p>