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.

**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.

**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.

**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).