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.  
- Provide support and match your foot’s arch type (high, medium, low).