

Sydney CBD North Shore Sports Podiatrist Says Shoe Selection Prevent Injuries

Choosing your shoes wisely

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Probably the most popular form of footwear on the planet, sneakers have a long history. Did you know track and field star Jessie Owens wore Adidas when he won four gold medals at the 1936 Olympics? Comfortable, versatile and trendy, running shoes have since become the go-to in casual footwear.

But with so many brands and styles competing for your sneaker spend, it can be a tough choice deciding which to buy. These days there are athletic shoes for every kind of sport, from tennis and hiking to basketball and trail running. And then there are some that simply aren't intended for sports at all.

Podiatrists are reporting an increase in cases of people suffering various foot problems and injuries, as a result of wearing the wrong footwear for their chosen fitness activity. Choosing fashion over function and using casual sneakers for physical activity could see you suffering from 'expensive sneaker disease'.

Sneakers with a low pitch increase pressure on the achilles and calf tendons. Wearing shoes with the wrong width (either too narrow or too wide) can cause corns, calluses and bunions. And unstable shoes with insufficient support can wreak havoc on your ankles, especially during activities that involve quick changes in direction.

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Australia's leading Sports Podiatrist and Director for Footwork Podiatry, Mark Lin, recommends seeing a podiatrist before taking up a new sport, so as to get expert advice on the best type of shoes for your feet. "People's feet are as individual as they are, and shoes that work for one may not work for another. Choosing the right shoes for the right activity is also very important, and good ankle support is crucial to avoid excessive stress and potential injuries.

Investing in the right shoes can save you costly injuries later on. A good athletic shoe should provide both ankle and arch support and have a wide toe box that bends upwards, to give your toes plenty of room to move around naturally. Undertaking sports on a regular basis in shoes intended as casual wear will result in pain and injury at some point, affect your performance, and potentially cause long-term damage to your feet."

Hence the importance of choosing your shoes wisely based on the activities you plan to perform in them. Ultimately, you'll be doing your feet and your wallet a huge favour by choosing the right shoes for the right purpose, rather than being won over by the latest style.

Footwork Podiatry is passionate about helping people improve and maintain their health, and share a philosophy that advocates special treatment of the feet due to their complexity. They believe that looking after the feet is the key to maintaining an active healthy lifestyle for as long as possible.

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Offering a range of advanced treatment methods and hands-on healing techniques, they can assist with any foot pain or injury you may have.

Footwork Podiatry is situated in Roseville on Sydney's North Shore and Sydney CBD.

Footwork Podiatry takes top-quality care seriously and is your go-to source for any running related injuries. Find them in two convenient locations, in Roseville on Sydney's North Shore and Sydney CBD. For further information, visit the Sports and Podiatrist Clinicto book online, or call Mark Lin or Wei Lee and their friendly team on +61 2 9416 7889.

The information contained in this guide is provided in good faith and is not intended to be nor is it to be used as a substitute for any sort of professional, medical or podiatric advice. An accurate diagnosis can only be made following personal consultation with a podiatrist. Any users should always seek the advice of their podiatrist, or other qualified healthcare providers before commencing any treatment.

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