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# RUNNING SHOES

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READ THIS FOR INFORMATION ABOUT USING RUNNING SHOES  
FOR EVERYDAY WALKING

## Why trainers?

A lot of research has been used to design running shoes to reduce the impact of the ground on your foot and help it to function ideally. Using them for everyday walking seems to help the vast majority of our patients with foot problems.

## What are different trainers shoes for?

There are a bewildering array of trainers for many different activities. We usually recommend running shoes as these enhance the forward movement rather than 'multi direction' movement used in aerobics or squash for example.

Running shoes have many features to tailor them to your individual foot type. You can select a shoe that has 'pronation control' for example if you have flat feet; but it's more complex than that. We recommend a shoe that suits most people and tailor it further with orthoses (special insoles) if necessary.

Ideally go to a specialist running shoe shop if you are unsure, especially if you are going to run in them.

## Are you suitable to wear them?

Most people are suitable for running shoes, unless you have very poor balance or have feet that turn in when you walk.

## But I'm not a trainer person'

Despite running shoes having a fantastic track record in helping with foot complaints, many people have resistance to wearing them. In the past, canvas shoes were worn if you couldn't afford leather and the stigma of this has stuck.

Over the years we have gathered together some of your views:

### 'They make your feet hot and smelly and they look heavy'

Some trainers do feel hot. The ones we recommend don't. Like any shoe, they need to always be worn with cotton socks that are changed daily. Good trainers are also surprisingly light too.

### 'They ruin your feet and you can't wear anything else once you have worn them'

Shoes may feel comfortable even if they are damaging your feet. When you wear a trainer with the cushioning and fit your feet really need to work properly, you may become more aware of this when you wear an ill fitting shoe again.

## **‘They make your foot look big, they are not feminine and don’t comply with dress regulations’**

Trainers are bulkier than a normal shoe to allow the proper space you need. The ones we recommend come in black and, for women, wearing them with wider bottomed trousers hides them. You don’t need to wear them all the time, but try to use them for 80% of walking or standing. In some cases we can write to your employer to allow ask if you can wear them for work

### **▶ What features do you want from a good running shoe?**

#### **1 Length / fit**

the foot stretches about 5mm between standing and walking. The shoe should be roughly the depth of your thumb longer than the end of your longest toe to enable your foot to work properly. Damage caused by short shoes is very common and can be irreversible.

#### **2 Long eyelets for laces and mid-foot support**

6 or more eyelets are ideal for the laces to adjust the shoe to your foot properly. These help to give support, like a girdle around the middle of your foot. The material at the sides of the shoe should be reinforced with additional strips to stop the upper moving too much.

#### **3 Stable midsole**

It should not be possible to bend the shoe in the middle of the arch, the shoe should only bend forward of the ball of the foot.

#### **4 Padded inside of heel**

This is important to hold the foot back in the shoe, allowing room for the toes.

#### **5 Rocker**

Running shoes have a rocker at the front that acts like a wheel, helping the toes to propel forward. This is a key advantage they have over other types of shoes.

#### **6 Sole that is wider than the ball of your foot**

Many shoes have a narrow sole that your foot overlaps. Good trainers are usually wider underneath.

#### **7 Breathable material**

The strength of the shoe comes from all the supporting strips of material, so most of the upper should be a breathable mesh, not great in the rain though!