

Do your running shoes give you the run around?

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What type of running shoes should I get is a very common question that we hear in our clinic. Years gone by we would test the individual's arch, determine if they were a "pronator", and question if they were running long distances or short? This would lead to a recommendation for a "stability", "cushioned" or "motion control" type of running shoe. Over the last two to three years the merits of these shoe types have been challenged in the scientific world and the findings are causing a shift in our



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thinking. There is no scientific basis that these technological developments in cushioning, motion control and stability have resulted in the reduction in running related injuries. Some studies have shown that the advanced shoe technology may have caused a rise in running related injuries.

We once believed that a shoe's cushioning properties prevented injury by reducing shocks to the runner's body. We now know that cushioning and a thick heel in the shoe changes the way we run and causes us to be heel strikers which actually increases the forces going up through our bodies. Now we have the option to purchase a new line of running shoes

called "Minimalist" shoes. These shoes are very light weight, very flexible and offer very little cushioning. When wearing this type of shoe your body naturally wants to land on the mid-foot and allow the arch to collapse and absorb the shock of the ground. Some scientist feel that this is the way we were born to run and if we gradually introduce this type of shoe to our body the incidence of running related injuries will decrease.

When choosing a running shoe one of the most important principles to follow is to make sure the shoes fits properly The size, width and shape of the shoe

must respect the shape of the foot and not cause pressure points or deformation of the toes. The shoe must feel comfortable as soon as you put it on.

If you move to a different type of running shoe you must make the change gradually. The bigger the transition the longer it will take. Do not rush this step because your body needs time to adapt to the new biomechanics. Need help in deciding what type of running shoes you should get or how to make the transition? We can help!

Source: 2010 Prevention of Running Injuries, Blaise Dubois, BSc Pt, RCAMT, SPD



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