



# BARRIE FOOT CLINIC

## *A healthy step ahead*

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### *Play it Safe!*

## Sport Specific Shoes Can Affect the Way You Play!

If you participate in a sport 2-3 times per week, you should wear a Sport-Specific shoe. This can avoid injuries that commonly occur and enhance your performance.

SPORT	COMMON FOOT OR ANKLE INJURIES	THE APPROPRIATE FOOTWEAR SHOULD...
<b>BASKETBALL, TENNIS, AND VOLLEYBALL</b> 	sprains, stress fractures, Achilles tendinitis	Have a thick, sole that provides support for impact. Have high ankle construction that supports the ankle during quick changes in direction (for basketball). Be lighter, have less midsole support, and contain a sole more responsive to quick starts and stops (for volleyball).
<b>FOOTBALL AND LACROSSE</b> 	turf toe, Achilles tendinitis, ankle sprains, midfoot sprains	Have a good amount of high ankle support. This support is especially important for linemen and other players who make frequent lateral movements during play. Allow for proper traction on a grassy field, in both wet and dry conditions. Never be hand-me-downs; ill-fitting cleats increase the risk of ankle injuries.
<b>SOCCER</b> 	ankle sprains, turf toe, ingrown toenails, Sever's disease	Have a good-quality footbed, which can help provide proper support for the arch and user's foot type. Feature the stud type for the ground that will be played on most often: soft, hard, firm, or turf.
<b>BASEBALL AND SOFTBALL</b> 	sprains, stress fractures, plantar fasciitis, tendinitis	Offer support to prevent arch pain, which frequently affects catchers. Customized shoe inserts called orthoses may help alleviate the pain.
<b>RUNNING</b> 	plantar fasciitis, tendinitis, Morton's neuroma, stress fractures	Provide shock absorption to help runners avoid injury. Running shoes are made for high-impact forward motion and should not be used for sports with lateral movement. Be replaced after 600-800 miles of running or walking, or every 6-8 months.