

Putting your best foot forward

One of the most common questions that I hear from walkers and runners is “What’s the best runner to buy?” The answer is whatever shoe suits your foot. One size does not fit all so no one style suits all feet. You are just as likely to have problems from a shoe that is wrong for your foot type as you are from a shoe that is the wrong size.

Depending on the structure and the materials used a runner can be firm, soft, shock absorbing or supporting.. To see which it is, try the following. Take the tip and bend it upwards. If the shoe bends in a springy way then this is a soft shoe, good for a stiff foot. If the shoe hardly bends at all then the shoe is firmly supportive rather than soft and is better for a low arched, looser foot. Some shoes will have equal amounts of support and shock absorbency.

But how to pick a shoe that’s right for you? If you already have comfortable pair examine the shoe as described above and find similar in the shoe shop. If you have problem feet or haven’t needed runners up to now it’s more important to find out what sort of a foot you have .Consult with your local Chartered Physiotherapist or podiatrist and they will be able to tell you what sort of foot you have and what type of shoe is likely to suit you.

Here are a few general tips:

- The most expensive runner is only the best one if it suits your foot.
- You should change your runners every 500 miles or so
- It’s a good idea to have 2 pairs the same and use them equally
- Never buy new runners just before an event – break them in slowly

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