

WHY YOUR ATHLETIC FOOTWEAR MUST MATCH YOUR ACTIVITY

Protect Your Feet. Improve Performance. Prevent Injury. By Michael L. Ashley, C. Ped
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Why Activity-Specific Footwear Matters

- Every activity loads the foot differently.
- Shoes are engineered for specific movement patterns.
- The wrong shoe increases fatigue, instability, and injury risk.
- Proper footwear improves alignment, reduces joint stress, and enhances performance.

Walking Shoes

- Designed for forward-only motion.
- Flexible forefoot for natural toe-off.
- Moderate cushioning for all-day comfort.
- Why running shoes are overbuilt for walkers: too stiff, too tall, too much heel-to-toe drop.

Running Shoes

- Built for repetitive high-impact loading.
- Shock absorption plus smooth heel-to-toe transition.
- Lightweight materials to reduce fatigue.
- Why walking shoes fail for running: insufficient cushioning and poor impact control.

Cross-Training Shoes

- Hybrid design for mixed workouts.
- Stable platform for lifting.
- Enough cushioning for short runs and circuits.
- Ideal for gym-goers who mix cardio, strength, and agility work.

When to Add Custom Orthotics

- Improve alignment and reduce fatigue.
- Support arches during repetitive or high-load activities.
- Reduce plantar fasciitis, tendon stress, and knee/hip compensation.
- Activity-specific orthotics enhance both comfort and performance.

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