



5 Signs Your Running Shoes Need to Be Replaced

A Foot Fit Expert™ Guide for DFW Runners

Running shoes don't fail all at once — they break down slowly, and your body usually feels it before your eyes see it. These five signs help runners in Southwest Dallas stay ahead of injuries and keep training strong.

1. The Midsole Feels Flat or “Dead”

The midsole is the engine of your shoe's shock absorption. When it stops rebounding, impact transfers directly into your feet, knees, and hips. Runners often notice more morning stiffness or end-of-run soreness when this happens.

2. Deep Creases or Compression Lines

Visible wrinkling along the sides of the midsole means the cushioning has collapsed. Even if the outsole still looks fine, the internal structure is no longer protecting you.

3. Uneven or Excessive Outsole Wear

Patterns like heavy wear on one side, bald spots under the heel or forefoot, or sloped edges signal that the shoe is no longer supporting your natural gait. This can also reveal biomechanical issues that custom orthotics can correct.

4. New Aches in Your Feet, Knees, or Lower Back

When shoes stop absorbing shock, your body absorbs it instead. Common red flags include plantar fasciitis flare-ups, shin splints, knee irritation, or hip and low-back tightness — especially if your training hasn't changed.

5. You've Reached 300–500 Miles

Most running shoes last 300–500 miles depending on body weight, running surface, shoe construction, and training intensity. If you rotate pairs, track mileage per shoe rather than total weekly mileage.

Replace Your Shoes Sooner If You Notice:

- **Instability on turns**
- **A heel counter that collapses when pressed**

- **A shoe that twists too easily**
- **Sudden increases in fatigue or soreness**

Support for DFW Runners

As a Board-Certified Podiatrist serving Southwest Dallas, I help runners stay injury-free with gait analysis, custom orthotics, and footwear recommendations tailored to your running style and training goals.

Michael L. Ashley Certified Podiatrist

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