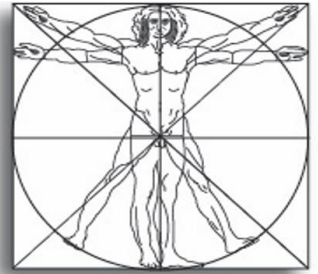


SOUTHPORT PHYSIOTHERAPY CENTRE



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Sports Footwear Innovations



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For many years footwear companies focused on adding cushioning to shoes but research later discovered that softer mid-soles did not necessarily provide better cushioning and could interfere with important feedback about foot position across a variety of sports.

Footwear features:

Mid-sole is the middle layer of sole between the outer sole and the shoe upper.

Upper is the top part of the shoe

Out-sole is the layer on the under surface of the shoe

Heel pitch is the difference in height between the heel and toe of the shoe

A normal heel pitch in a standard running shoe is 10mm.

Running shoes are recommended for those who mainly run for exercise. They are designed to enhance forward motion of the foot and provide minimal stability for lateral movement.

Cross trainers can be worn for running up to 5kms and should provide stability for activities that require sideways movement.

Tennis shoes are designed for lateral stability and normally have increased mid-sole and out-sole durability around the joint where the big toe meets the foot.

Sports such as AFL, which may involve running up to 16kms in a game, now have features of the conventional football boot as well as a running shoe. An injury prevention perspective is becoming more important to have boots more like running shoes.

Consider some of these factors when purchasing new sports shoes.

***Don't wait.
The time will
never be just
right.***

Napoleon Hill

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