



Podiatry Handout: Guidelines for Purchasing Running Shoes

Proper Size: Ensuring that the shoe fits correctly is crucial. There should be a thumb's width of space from the end of your longest toe (which isn't always the big toe) to the end of the shoe.

Width: The shoe should be wide enough to accommodate the broadest part of your foot comfortably. Your foot should not spill over the shoe's sides.

Heel Fit: The heel should fit snugly without slipping. Your shoe should not pinch or bind, especially at the heel or toes.

Flexibility: The shoe should bend at the same place your foot flexes. An inflexible shoe could lead to arch pain and other issues.

Cushioning: The shoe should provide enough cushioning to absorb impact when your foot strikes the ground. This is important to avoid injuries such as shin splints.

Arch Support: Different people need different levels of arch support. Know your foot type – whether you have high arches, flat feet, or neutral arch – and buy shoes that cater to your specific need.

Breathability: Shoes should have a breathable material to prevent excess sweat and heat. This can reduce the risk of developing fungal infections.

Tread: If you plan on running off-road or in slippery conditions, consider the tread of the shoe. It should provide enough grip to prevent slips and falls.

Replace Regularly: Running shoes should be replaced every 483 to 805 kilometers miles, depending on your running style, body weight, and the surface on which you run.

Try Before You Buy: Always try on shoes in the store, if possible, before purchasing. Your feet tend to swell during the day, so try to shop in the afternoon or evening. And bring your own socks that you plan to wear with the shoes.