

# Proper Footwear

## 1. What shoe is the best?

- a. Running shoes are the most effectively designed shoe to meet the needs of both the walker and runner. They can help prevent injury, increase comfort, reduce muscle stiffness, and help reduce back/hip/knee discomfort.
- b. There is no “best” shoe. It is about having the “right” shoe for your foot. Each person can be categorized into a cushioning shoe, stability shoe or motion control shoe.

## 2. How do I know which shoe is right for my foot?

- a. Check what category of shoe you need with a “wet test”. Wet your foot and step onto a dry floor or piece of paper to make a footprint.
- b. Categories of feet and type of shoe:



Normal Footprint  
Neutral Gait  
Stability Shoe



Flat Footprint  
Overpronator  
Motion-control Shoe



High-arched  
Underpronator  
Cushioning Shoe

- c. See the online shoe assessment tool at <https://www.runningshoesguru.com/>, select “SHOE FINDER”, to find what shoes are right for your foot. You can have someone watch you walk to determine your foot strike (i.e. heel strike, mid foot, forefoot)
- d. Once you know the make and model of your shoe, you can go to any major sporting store in Fort McMurray to see if they are available.
- e. Otherwise, you can purchase them next time you are in any major city like Edmonton or Calgary, or order them online.

## 3. Anything else I should consider when buying shoes?

- a. They should feel comfortable right away. Shop in the afternoon as feet get larger in the day due to swelling.
- b. A proper shoe will cost ~\$150.
- c. If you start to have muscle/joint soreness or stiffness, suspect the shoes.
- d. They should last 300 – 400 miles or 1 year whichever comes first. Example - 3 miles/day prescription, 5 days per week = 15 miles/week -this means they would last you 20 to 26 weeks.