



# WHAT ARE THE RIGHT ***RUNNING*** ***SHOES*** FOR YOU?

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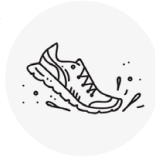
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## WHAT ARE THE RIGHT *RUNNING SHOES* FOR YOU?

Did you read the book “Born to Run” and go get minimalist shoes? Do you remember when stopping pronation was the key to pain-free running, but now everything seems about more cushioning? If you are struggling to make sense of it all and just want clear guidance for what you should be wearing, our physiotherapists at Lake Country Physiotherapy can help!

The simple truth is that despite all the technological improvements and modifications to running shoes, up to 50% of all runners experience running-related injuries yearly. Even more frustrating is that the percentage of injuries has not decreased even with all these changes. Too often, runners fall prey to the sales pitch and wear something that magnifies an unknown (or known) issue that leads to pain and, in some cases, injuries.



Whether you are looking for a new pair of running shoes to wear for recreational running or are looking for the right sneaker to wear while running a marathon, our therapists can help clarify the pros and cons of each style of shoe. Rather than try to sell you on a particular brand or running shoe, we will educate you on finding the one that works best for you based on your individual needs.

At Lake Country Physiotherapy, our physiotherapists specialize in treating runners and running-related injuries at Lake Country Physiotherapy. We can guide you through the process to ensure you find a shoe that meets your personal needs and helps you achieve your running goals!

### Difference Between Running Shoe Styles

Whether recovering from a new injury or dealing with a chronic issue, a comprehensive approach to finding the ideal running shoe will include an assessment of your joints, muscles, gait, and the shoe you are wearing. You must remember choosing the right shoe is only one piece of the puzzle. **When assessing the running shoe you are wearing, there are some basic guidelines you can follow:**

- Remember, no matter what, they should feel good when

you put them on and while you wear them. Modern shoes rarely need to be broken in like shoes of the past.

- It is crucial to ensure that you have at least 6-12mm (¼ -½ inches) of space between your longest toe and the end of the shoe.
- It is equally important to ensure that the forefoot area (toe box) is “comfortably” snug and not too tight.
  - Your heel should not slip up and down or rub excessively on the back of the shoe. It’s also good to try the shoes on later in the day, as feet tend to get slightly larger as the day progresses.

There are different general types of running shoes with additional features that can help or hurt runners, depending on many factors. **The main categories of running shoes include the following styles:**

- **Minimalist:** A minimalist shoe is defined as footwear that provides minimal interference with the natural movement of the foot due to its high flexibility, low heel-toe drop, weight and stack height, and the absence of motion control and stability devices.
- **Structured:** A structured shoe (aka stability shoes) is typically recommended for runners who overpronate and who generally have low arches. These runners need a shoe with some structure built into the instep of the shoe.
- **Neutral:** A neutral shoe has little to no built-in support and can feature very little cushioning (like in a racing flat) or maximum cushioning (as seen in long-distance trail shoes). This shoe style is suitable for most runners but especially for runners with minimum pronation and midfoot or forefoot strikers with normal arches.
- **Cushioned:** These shoes emphasize cushioning and not influencing the motion of your feet. People who are heavier or who have high arches tend to prefer these.

No matter what style you are considering, it is essential to know there is no “right” shoe for everyone. Several factors contribute to the running shoe that will work best for you, and fortunately, our physiotherapists can help guide you through the process to find the right one for you!



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

# How Physiotherapy Can Help Your Running

Remember that if you are running without pain or injury, there is no need to change the running shoe you are wearing. Indeed, abrupt changes to a completely different running style will not likely have any positive effect and may lead to new problems.

At Lake Country Physiotherapy, our physiotherapists understand that running is a complex interaction of several factors contributing to success and failure. Our goal is to provide the most effective interventions for your specific case.

We will conduct a thorough evaluation that includes a biomechanical assessment and walking and/or running gait analysis. We combine this information with your personal health history, shoe history, and any injury you have (or had) to identify factors contributing to your issues.

Our therapeutic interventions include targeted manual techniques, mobility work, strengthening exercises, and appropriate balance and coordination techniques to resolve your pain, improve your gait and restore your overall function.

Our team will work with you to help you avoid errors in training judgment and manage appropriate strategies to ensure results. Rather than rely on the fads of the day, we base our decisions on research-based and proven interventions.

No matter what type of shoe you are looking for, our team can assess your body and guide you through finding the one that works best for your particular needs!

## Request An Appointment Today!

It doesn't matter if you are a new runner, an occasional runner, or a competitive racer; finding the right running shoe is ripe with debate. Fortunately, at Lake Country Physiotherapy, our physiotherapists can help assess your individual needs and discuss the best options for you!



Get your life back on track with Lake Country Physiotherapy!

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com)

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Sources:  
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## Clinic News: Terry Fox Run

### The Terry Fox Run

Be part of a movement inspired by Terry to raise funds for cancer research. We are running a virtual run as a clinic along with family on the 19th in the neighbourhood. You can donate to our team at [terryfox.crowdfunder.net/donate](http://terryfox.crowdfunder.net/donate) today! Alternatively, you can search on [terryfox.org](http://terryfox.org) for a team to donate to.

### Who was Terry Fox?

Terry Fox was a Canadian athlete, humanitarian, and cancer research activist. After losing his leg to cancer at only 18 years of age, Terry set out to do the impossible: run across Canada, one marathon a day, in pursuit of his dream to find a cure for cancer.

To learn more or donate, visit [terryfox.org](http://terryfox.org) today!



# Staff Spotlight: Andy Stoddart



**Andy Stoddart**, *Administrative Assistant*

Andy graduated Ontario Tech University in 2017 with a Bachelor's of Science in Kinesiology. He then earned a Masters of Physical Therapy degree from Queen's University in 2019. Andy is currently working as a Physical Therapy Assistant where he provides manual therapy and exercise prescription to patients with a range of musculoskeletal injuries. He works with both WSIB and private pay patients. Andy is highly anticipating the opportunity to treat

the public in the capacity of a Physiotherapist upon the completion of the associated licencing exam in late 2022. In his free time Andy enjoys playing sports such as soccer and tennis, as well as the piano and guitar.




## Follow Us On Social Media

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!

 **@LCPorillia**

# Exercise Essential



 SimpleSet Pro

## ANKLE ALPHABET

Sit in a chair with good posture. Rest the edge of your heel (of the affected leg/foot) on the floor as shown. Write the letters of the alphabet from A to Z with your big toe.

## Did You Know?

*We Can Also Treat:*

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains



## Healthy Recipe *Peanut Butter Energy Bombs*

### INGREDIENTS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey

### DIRECTIONS

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips