

Running Shoe Related Injuries: Cost Of Shoes Bears Little Relationship To These Injuries

A recent online survey of over 1,200 runners found that almost two thirds had injuries that they related to their shoes; however, these injuries did not appear to be linked to how much the runners paid for their shoes or whether or not they used an inserted Orthotic device.

The survey found that most respondents replaced their shoes within the recommended 300-400 miles, however, all injury types occurred predominantly in shoes less than six months old and in shoes in which the respondents had run less than 300 miles. This suggests that most injuries occur during the break-in period rather than after the shoe is worn down.

Studies like this indicate the importance of proper shoe fit and comfort in the selection of shoes. Some (69%) of respondents say that comfort was their major reason for choosing a running shoe, followed by specific features of a shoe (13%) and the remainder almost split between the cost and brand.

The most common injuries reported included blisters, tendonitis, arch pain, stress fractures, foot pain and toenail injuries in decreasing order of frequency. The only injury to occur more frequently than expected in a particular age group was stress fractures, with 60% occurring in respondents 20-30 years old

The incidence of shoe related injury was not linked to how much people paid for their shoes or whether or not they used an inserted Orthotic device. However, before you go spend that \$120 on a pair of running shoes, spend a few minutes finding out what type foot you have along with what type of shoes may be best for your specific foot type. Cumberland Foot and Ankle provides a free recommended shoe list for runners that could save you money and time.