

2. The position of player

- Skill player: light flexible
- Lineman: shoe with lines
- Goal keeper or defensive: shoe with rigid material in the area

3. Shape of foot

- Normal foot: shoe with normal arch
- High arch: shoe's insole is high in front and back
- Flat foot: shoe with high arch

Advices:

1. Buy at least 2 shoes to give time for recovery
2. Don't use shoe if is not in good quality due to overuse
3. Get new shoe after 6 month especially on hard ground
4. Buy shoe from special shop for sport
5. Wear socks
6. Buy shoe in night
7. Choose bigger size in case you confused between two sizes



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A Subsidiary of Kuwait Petroleum Corporation

The Right Athletic Shoe for Every Sport





Proper shoe for walking:

If you like walking you must wear a proper shoe which gives your foot stability. Proper shoe doesn't cause pressure or pain to the foot

Characters of proper shoe:

1. Made from good material, let your foot breath
2. Flexible especially at toe area
3. Have shock absorber in heel area
4. Light weight to minimize the muscle effort
5. Toes area better to be wide and round to avoid ingrown and toenail
6. Have normal arch



Basket ball's shoe:

1. Light
2. Allow the foot to breath and comfort
3. High ankle supported to avoid injury
4. Made from rubber or leather to give more stability on ground



Football's shoe:

Proper shoe depends on the ground you play on, the position of player and the shape of foot

1. *The ground you play on:*

- Normal grass: shoe with long cleats to give stability and balance
- Artificial grass: long, wide cleats irregular distrusting to avoid injury
- Indoor: flat shoe with thick layer of rubber