

You are receiving this newsletter because you signed up from our web site or clinic. [Click here to unsubscribe](#) .



**Crystal Palace Physiotherapy
& Sports Injury Centre**

Are you suffering from pain,
stiffness and injury?

Get help now by calling us on
020 8778 9050

The latest on Trainers

With the recent lengthening daylight hours, a lot of new runners are either presenting to us with their old used running shoes asking what type of trainers they should be using or when they should change them.

For the die-hard runners who have been plugging away during winter then this may also be time for a new pair. Remember to consider the miles you have run in them until this point and if you feel you may need a change, take action sooner rather than later - there is no point playing russian roulette buying a new pair of trainers a week out from a marathon or other event . If you are happy to stay with your current shoes, this guide will help you after your event to ensure you make the best decision regarding replacements.

Lately in the media there has been a lot of debate surrounding the very existence of running shoes. Recently it has been suggested that running barefoot may be more beneficial than using a trainer as it allows a more 'natural' biomechanical muscle and joint function.

However the benefits of the shoe in the context of training for a marathon and indeed running on public roads most often outweigh the negatives.

That is, the original purpose of the shoe is for protection, something we can all agree is likely to be required in the streets and parks of London.

With this in mind, the vast majority of us will need to be shod. For this reason we have come up with a list of shoe buying tips.



5 Top Tips for Trainers

1. Seek the help of your local running shoe specialist store or come in to see one of our physiotherapists or podiatrist. These individuals are trained to look for foot irregularities and can easily ascertain size, shape/brand and whether you need a supportive or neutral shoe - trust me, the number of individuals we see in our clinic who develop injuries due to inappropriate footwear is staggering!

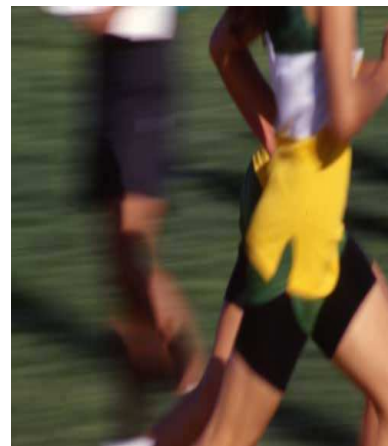
2. Buy your shoes at the end of the day when the feet are at their widest, this is especially important to avoid those nasty blisters on the toes.

3. Don't be stubborn when it comes to shoe brands, each differ slightly in shape and you may have a lot less problems with a different brand!

4. Get in the habit of changing your shoes every 300-400 miles, as the materials have limited bounce/memory and lose their integrity and support.

5. Make sure you ease into your new pair of shoes, the body needs to get used to the minor joint changes the support and cushioning will initially give.

Keep up the training - those long hours make all the difference by the time the event comes around. Good luck!



[Unsubscribe](#) - If you no longer wish to receive this newsletter.

[Send to a friend](#) - To send this email to a friend.

Call us now on 020 8778 9050

Jubilee Stand | National Sports Centre | London | SE19 2BB

Phone: 020 8778 9050 | Fax: 020 8659 1501 | Email: enquiries@cpsic.co.uk