



MEDICAL & TRAINING



ADVICE

EDITED BY BETH ECK

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Shoe Test

Q: My husband and I run 3 miles five days a week. The route is primarily concrete and asphalt. Will this affect how often we buy new shoes?

S.M., AUSTIN, TEX.

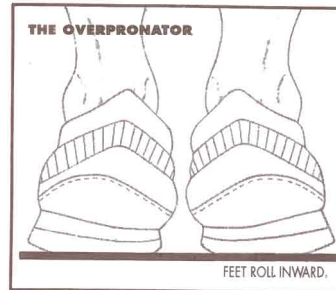
A: There's no magical number of miles that signals when you should throw out your shoes. However, once you pass the 400-mile mark, examine your shoes often, and replace them if they fail one of the following three tests:

Tread test: Check the outsole for excessive wear. Are any of the lugs or treads of the sole pattern worn out? If yes, it's time to replace your shoes. A sole that is worn out, particularly in one region of the shoe, causes pressure spots elsewhere on the foot and can alter your footstrike or pushoff.

Poke test: Try to poke your thumb into the midsole material (between the outsole and the shoe's "upper"). If it feels brittle and can't be compressed, your shoes have likely lost their shock-absorption capability.

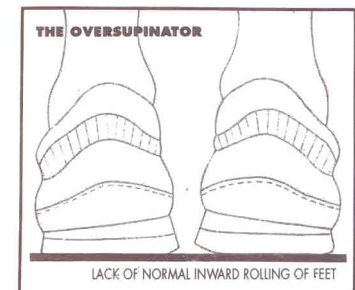
Tilt Test: Set the shoes on a flat surface. Look at your shoes from behind the heel. Is the shoe tilted inward or outward? If so, your shoe may have become improperly aligned. The upper should sit firmly on top of the sole. A misaligned shoe can lead to injury.

To increase the life of your shoes, you need to treat them well. This means never putting them in the dryer, letting them dry completely after a bad-weather run and storing them in a dry place out of direct sunlight. —Richard T. Braver, D.P.M., runner and podiatrist practicing in Englewood and Fair Lawn, N.J., and member of RW's Science Advisory Board



THE OVERPRONATOR

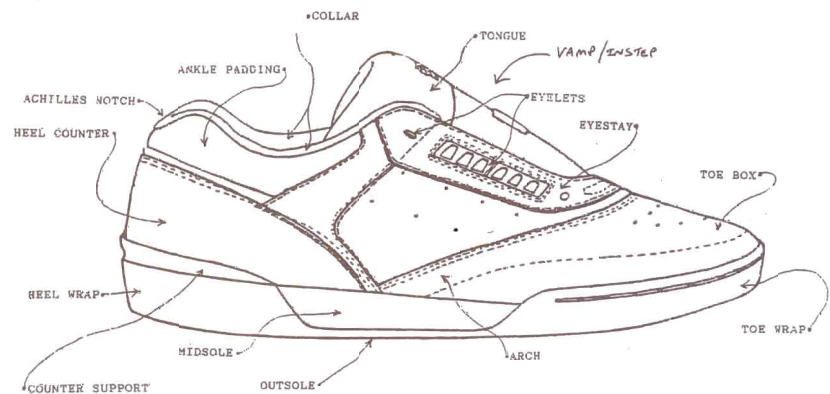
FEET ROLL INWARD.



THE OVERSUPINATOR

LACK OF NORMAL INWARD ROLLING OF FEET

SHOE PARTS FOR REFERENCE



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