

The users guide to athletic footwear: A workshop

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The University of South Australia

For the average consumer, choosing the right athletic shoe to match their body type, activity level and sport is an experience right up there with death, taxes and public speaking. The same is true for the sports medicine practitioner, as we try to guide our patients through the minefield that is modern sports footwear. Considering that most major athletic footwear manufacturers change their entire range four times per year, and that sports footwear is one of the most science-driven industries, it is too easy to give incorrect or outdated advice.

There are however, some basic guidelines that can make this task of selection and advice much less painful. This workshop will attempt to demystify the process of shoe selection across a range of sports. In addition, new methods for testing and evaluating shoes will be demonstrated, and future directions discussed.

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