

# Why you need proper shoes for physical education



The key to enhancing performance and preventing injuries in athletics and day-to-day physical activities is to wear proper-fitting shoes. It is important to find shoes that not only feel comfortable, but also protect your feet.

Safety is a number one concern in physical education. Proper fitting shoes contribute to good hygiene and overall student safety when participating in physical activities.

## **Issues created by improper shoe fit**

Many serious foot conditions are caused by one thing – poorly fitting or inappropriate footwear. Shoes that do not fit properly can cause:

- Blisters.
- Bunions.
- Calluses.
- Hammertoes.

## **Inappropriate shoe wear can lead to:**

- Ankle sprains.
- Fractures.
- Heel pain.
- Other painful foot disorders.
- Shin splints.