

Tips for Proper Jump Roping Shoes

For jump ropers, the wrong choice of shoes can lead to problems with arches, Achilles tendon, shin splints, and leg cramping. The right choice of shoes gives you stability and support.

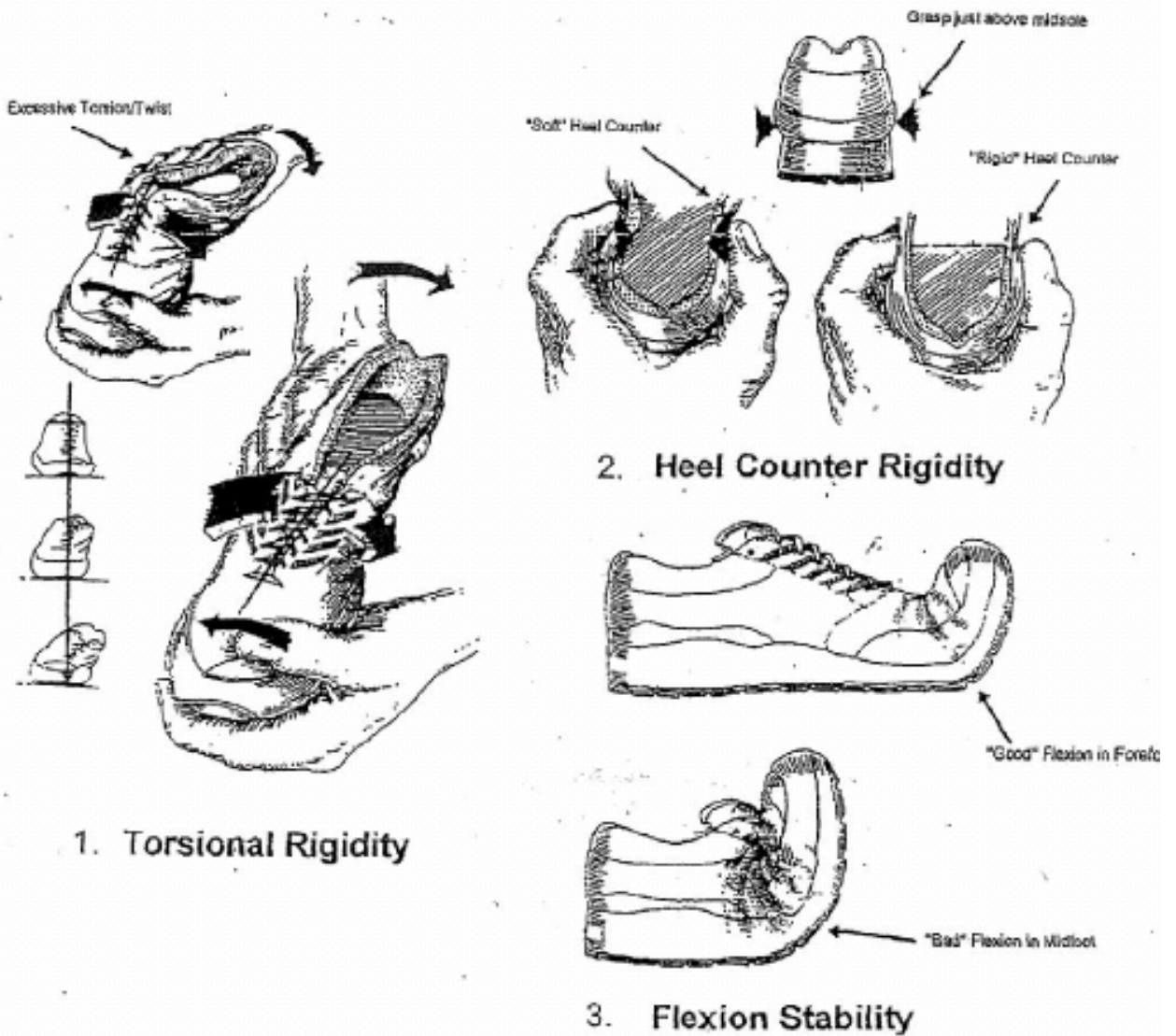
When you jump rope all your bodyweight is concentrated on the balls of your feet (the front part), so the best shoes you can get for jump roping are those that have ample cushioning and support for the ball of the foot. Shoes such as cross trainers, aerobic shoes, basketball shoes, volleyball shoes, or tennis shoes generally are the best choices. These shoes offer enough cushion and support in the forefoot to absorb the jolting forces that occur when jumping.

Running shoes should not be used while jumping rope because they do not have enough support in the balls of the feet; they are designed with extra padding in the heels to absorb where the forces are concentrated when running.

Purchase good quality footwear with cushion and support; aerobics or cross-trainer shoes are acceptable. If shoes are questionable, use insoles to stabilize and cushion.

See diagrams on following page.

Three Tests to Determine Motion Control/Anti-Pronation



** A shoe must NOT torque/twist or flex in the middle or "midfoot" and have a "rigid/stiff" heel counter to qualify as a moderate to excellent motion control/anti-pronation shoe **

by Mark T. Reeves, DPM