



How Footwear Really Matters for Race Car Drivers

One of the biggest race spectacles is just around the corner here in Indy - the Indianapolis 500. When you think about high-intensity professional racing the first thought that comes to mind probably isn't about feet, but did you know that the footwear behind the pedal is arguably just as crucial as the horsepower under the hood? Everything about the car, its overall performance, is felt either from the driver's seat or his/her own two feet, not just the connection between rubber and track. Between all of the constant pivoting of the foot and ankle for hours on end it's extremely important that the driver wears proper footwear in order to perform their best on the track.

Race car drivers don't buy just any shoe gear - they head for the highest quality, durable and comfortable options. As for everyone else off the track there is no exception. Our feet set us in motion whether it's walking or driving, constantly at work from the moment we hit the ground in the morning. If you're planning on attending the Indy 500, or any race for that matter, it is wise to make sure your feet have the support they need so you can enjoy the entire event pain-free! One quick way to alleviate any foot and ankle pain you might be experiencing is by using custom orthotics, or high quality over-the-counter inserts.



In one short visit, our trained staff can produce a 3D scan of your feet for orthotics specifically tailored to your condition. Orthotics are special prescription shoe inserts used for long-term management of heel pain and as a means to prevent the condition from returning. They are useful to those with both flat feet and those with high arches, primarily preventing the recurrence of plantar fasciitis, tarsal tunnel syndrome and heel bursitis. For those with flat feet and pain behind the heel, the orthotic can stabilize the heel bone and reduce strain to the Achilles tendon.



If aren't ready to make the best investment for your foot health, you can always try FootStep inserts. FootStep inserts are the over-the-counter inserts recommended by our podiatrists. We offer FootSteps to our patients in every one of our offices for a lot less money, and you do not need an appointment to stop in to pick up a pair.



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