

Can you mess up your feet, ankles and knees with your favorite shoes?

YES!

1. If you don't have enough **cushioning on the bottom**, you won't notice the pain too much during the excitement of dancing, but over a period of weeks and months, you can cause long-term injury to the muscle tissue, or to the nerves between the metatarsal bones, in the area around the ball of the foot. You will definitely notice it when you sit down, and the next day and the next when you are not even dancing.
2. **Arch support** - ever hear of fallen arches? You need decent arch support.
3. Trying to spin in **shoes that grip the floor?** (rubber soles) really hard on your knees and ankles. Better to walk through those turns heel-toe style if you are wearing floor-grippers on difficult floors.
4. You love the look of those **too-tight** shoes? Watch your toes go numb over time. Leave some room for you toes, please.
5. You will find out soon enough if your shoe/sock combo is giving you **blisters**. The wounds will heal eventually. You don't need me to tell you to find other shoes, or use some preventative pads, or whatever. I suggest some slippery socks, like **Thorlos, Adidas and Nike** make some socks for runners that are great for dancing - padding, ventilation, moisture control, and they don't cause blisters. No more cotton socks for me.
6. Do your **heels** wear down at an angle toward the outside? As the heels wear more and more, it is pretty rough on your **KNEES JOINTS!** Fix the heels or get new shoes.

Find the original article at:

<http://www.people.cornell.edu/pages/kpl5/swing-dance-shoes.html>