

Forum:[Hack Forums](#)

Thread: [Sports - Poor Cushioned Shoe](#)

YayHar - July 18, 2017, 9:17 pm

I play a LOT of basketball, and as a result of that, I need to get a new pair of shoes.

The shoes are AMAZING in every category that I love except for one thing: cushioning / impact protection.

The shoe supposedly has amazing traction, amazing fit, and complete responsiveness which is 1000% in my book.

I am just concerned that the lack of cushion and impact protection will physically hurt my feet/knees.

I don't care about if it feels uncomfortable, I just want to know if it will INJURE me in any way.

Will jumping and making countless cuts and running on hardwood with practically no cushion fuck up my feet/knees?

Coton Pker - July 18, 2017, 9:23 pm

take the factory insole out and replace it with a impact resistant one. they're like \$10 for a pair, and you just cut them to size.

Gary - July 18, 2017, 9:25 pm

You could get special soles made for your feet, or you can just pick something off the shelf thats your size.

I got special soles for my shoes, they were \$500CAD lmao.

YayHar - July 18, 2017, 9:31 pm

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Gary - July 18, 2017, 9:36 pm

(Jul 18, 2017 09:31 PM)YayHar Wrote: [\[CITE\]](#) The LACK of cushioning is what makes the shoe so responsive and makes

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Yeah, but there's a lot of different types of soles you can get.

