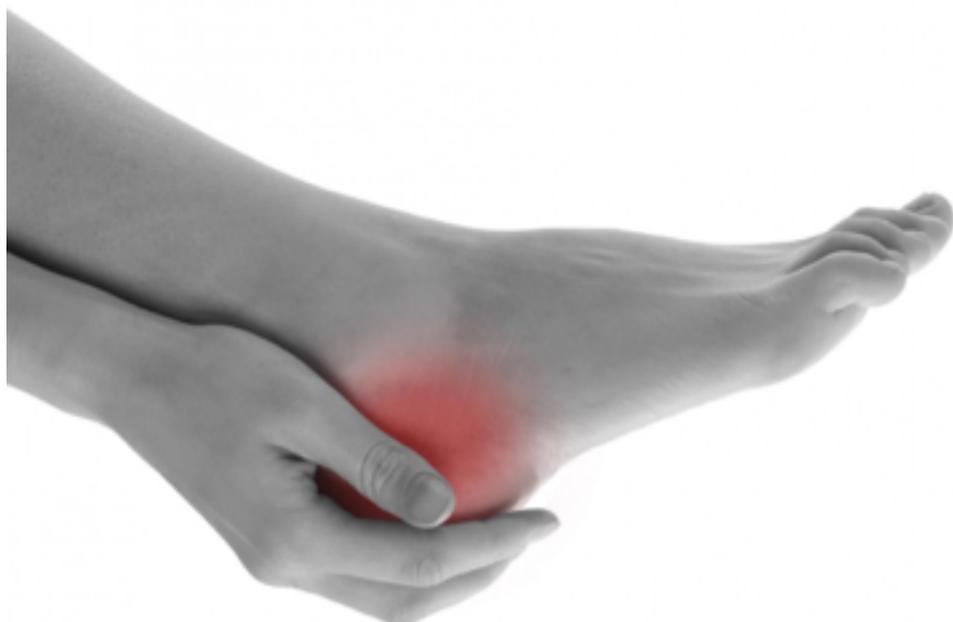


Best Tennis Shoes for Plantar Fasciitis



Tennis is a game of quick starts and stops, explosive sprints, fast pivots and side to side motion. The repetitive pounding your feet take out on the tennis court leads to stiff arches and heel pain.

The excessive workouts cause the ligaments on the bottom of your foot swell. The soreness or redness that makes walking difficult is plantar fasciitis.

Often poor fitting shoes that are either too tight, or too loose can cause your heel pain. Don't let pain take you out of the game.

When searching for tennis shoes for plantar fasciitis, look for lateral support and comfort. Having the right shoe and correct fit enhances performance and prevents injuries.

Plantar fasciitis tennis shoes provide arch support and a deep heel cup for comfort. Your feet take a beating, you need a shoe that provides excellent shock absorption.

Product Review - ASICS GEL-Resolution 6

The feel and design hasn't changed much over the years. The GEL-6 continues to deliver all-around performance.

The GEL-6 delivers the perfect balance of comfort and durability for court play.

The rear and front foot gel cushioning attenuates the shock upon impact from heel to toe-off. Movement is possible in any direction as your foot responds to court conditions.

The upper form fitting sock-liner has more cushioning making it super comfortable. An antibacterial treatment in the liner and padded tongue reduces odor retention.

Within the shoe's collar and in the heel's lining two layers of memory foam mold around the foot. Lace the shoe up and you've got a custom fit. The non-marking outside sole is a high abrasion rubber for exceptional durability. The herringbone tread gives you great traction, ideal for clay court surfaces.

The GEL-6 offers a six month out sole durability guarantee.

Comfort, support, stability and durability, the ASICS GEL-Resolution 6 is one of the best. The GEL-6 is a true improvement over the GEL-5.

ASICS GEL is one of the top performing tennis shoes around for any true tennis player.

Best Tennis Shoes for Plantar Fasciitis - page 2

PROS:

- The gel in the heel diffuses the shock during impact on all court surfaces.
- The plush cushioned midsole provides excellent underfoot comfort.
- The shoe's lower profile and flatter sole deliver real control.
- Lightweight, designed for speed, agility and performance.
- The mesh upper provides more ventilation to help your feet breath.

CONS:

- The toe-box is much narrower, you may need to get a pair a half-size bigger.



Conclusion

Remember it's the ball that will beat you, right? No, I don't think so. Having the right shoe and the correct fit is everything. Don't get sidelined with pain. Selecting the right shoe makes all the difference.

The ASICS GEL-Resolution 6 feels great right out of the box. And provides the protection inside and outside that your feet need to keep you out on the court.

Now you get it. There you go smashing the winning shot cross court in those GEL-6 lime-pine-indigo-blue shoes.

Oh yes, that's game, set and match.