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High Top Trainers: from Sports to Fashion by Stuartgreen

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Basketball shoes come in three types of sneakers. These are low tops, mid tops and hi tops. With so many sneaker companies brewing up today, the low tops and high tops are highly commercialized. Emanated from sports, these sneakers are more of a style idea than function.

Paired with jersey shorts in the past, high top trainers at present are donned with pants, skirts or even paired with dresses. A prime apparel for most young crowd is the high top trainer. High top trainer, or simply called hi-top, is a standard form of sneakers that are designed above the ankle for support and stability. Available in different colors and patterns, the sneakers can be worn in all ages including kids. The biggest amenity of high tops is support; the high side design for ankle support, while the rubber sole gives traction. In sports or any athletic activities, the most common cause of ankle sprain is ankle inversion.

According to the study conducted by National Center for Biotech Information, high top trainers are shoes of choice to prevent ankle inversion. On the other hand, low top trainers are also used in sports but as far as ankle support is a concern, high tops are the best choice for activities that involve a lot of pivoting and other ankle movements that put stress to the ankles. Sports such as basketball, soccer and tennis are expected high top wearers.

Application of high top trainers: ï‚§ Kick boxing shoes are high tops that are laced up, making it more supportive. They have non-slip rubber soles that allow adequate grip on the floor.

Ankle-support built, kick boxing shoes avoid twisted ankles episodes.

ï‚§ When it comes to physical hazards in the workplace, high top trainers such as boots are popularly used - for an instance, in the wet market where slipping on the wet floor is a common hazard. A twisted ankle can lead to tearing or overstretching of ligaments. High tops, in this case, must be snuggly fit, padded or built on rubber soles.

ï‚§ Aside from avoiding straining, hikers and those who carry heavy loads get extra ankle support from high top trainers. In like manner, injury is also lessened.

ï‚§ Firemen get good support and stabilization from high top boots in climbing stairs and other combating-fire activities. Specially built, fireman high top shoes also decrease leg fatigue.

ï‚§ High tops also protect motorcycles from burn and abrasion from pipe burns and debris on the streets. So too, ankle and foot injuries are arrested.

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