



If you're someone who is active in any type of sport, it's easy to get so focused on stats, scores, and strategies that you don't spend enough time physically preparing for the wear and tear on your body. It's just as easy to be so focused on upper body or leg strength that you forget about taking care of your feet.

After all, there are several painful and damaging injuries that are very common in the world of sports. They include:

- Turf Toe
- Blisters
- Plantar Fasciitis
- Stress fractures
- Sesamoiditis
- Heel spurs
- Tennis toe
- Numbness
- Strains
- Sprains
- Peroneal tendonitis

You need your feet in order to participate in just about any sport! So, it's easy to understand why they're so susceptible to injuries. According to the American Podiatric Medical Association, simply jogging is an activity in which the feet are constantly making contact with the ground at three times your body weight. They point out that in a three mile jog, a 150 pound runner's feet will experience impact totaling 150 tons.

Before you run, walk or play sports, here are three things you should consider when it comes to your feet:

### Consider the footwear

Take advantage of the variety of shoes that are on the market today (running, walking, basketball, fitness, tennis) and make an informed choice based on your activities. Also, consider adding more padding to your shoes for extra support.

## Consider the surface

Whether you're running on a track, a sidewalk, grass or artificial turf, you need to be aware of the potential injuries that can occur. Dirt can be an ideal surface to run on if you're jogging because it helps your foot absorb some of the impact.

## Consider the treatments

Just like any other part of the body, you need to stretch and prep your foot before engaging in any physical activity.

Next, it's important to prep your feet properly before engaging in activities.

## Include your feet in stretches and warm-ups

As you stretch your legs and knees, work your ankles and feet into the routine as well. It's also important to not start at full speed. Before the full activity begins, spend about 10 minutes walking or doing some light jogging to get your feet properly prepared.

## Wear the right shoes AND socks

As mentioned before, you want to have the right shoe for the right activity. If you're wearing cleats, make sure they're light and flexible in order to properly support your feet and ankles. You also don't want to be wearing shoes that are too old or worn out.

Anytime you're shopping for shoes, be sure to wear the same socks that you'll be wearing in the activity itself. Sock choice can also be an important factor when attempting to avoid injury.

You'll want to wear socks that absorb moisture and sweat. Failing to keep your feet adequately dry can increase the odds of blisters and even fungal infection. Cotton socks are often the big offenders when it comes to sweaty feet.

## Don't overdo it – especially if you feel pain

You don't want to get sidelined for a long period of time because you pushed yourself too hard in one day. Be sure to know your limits, especially if you're just starting a new wave of sports and activities.

Whether it's internal or external...if you start experiencing pain, don't ignore it. Take care of your feet by providing injuries with adequate care (ice, elevation, rest). These treatments can also be helpful once you're done for the day. Include your feet in any post-activity rituals by dipping them into some warm water mixed with Epsom Salt.

## Know a trusted Podiatrist

If you're regularly active in any sport, it's a great idea to have a medical professional that you know you can trust. Make an appointment with a podiatrist before you start your sporting activities, explain what you'll be participating in, and get practical guidance that will keep your feet in great shape. Plus, if you experience injury, you have someone to turn to for the right treatments.

At **Nuestep**, we have a team of medical professionals who know how to keep your feet healthy and strong for life. Our NueStep procedure and other minimally invasive treatments are real solutions for common foot and ankle conditions, including peroneal tendonitis, plantar fasciitis and more.