

Keep Your Feet Safe at the Gym

DON'T LET FOOT INJURIES KEEP YOU FROM YOUR FITNESS RESOLUTIONS.

In the New Year, don't forget to keep your feet in tip-top shape while following through with your resolutions to get fit. The American College of Foot and Ankle Surgeons offers tips for foot and ankle safety while at the gym.



START NEW WORKOUTS GRADUALLY

Increase your stamina and workout length gradually to avoid overuse injuries, such as stress fractures or ligament sprains.



WEAR THE RIGHT SHOE & SOCK

Wear well-fitting athletic shoes designed for the exercise or sport. Shoes that don't support the arch of the foot or cushion the heel can cause heel pain (plantar fasciitis).



USE GOOD TECHNIQUE

Improper exercise techniques can result in injury to the tendons or ligaments in your feet and ankles, leading to joint sprains and muscle strains.

PROTECT YOURSELF FROM BACTERIA

Sweaty shoes, public showers, exercise equipment and pool decks are all breeding grounds for fungus, viruses and bacteria, including drug-resistant strains like MRSA. Never go barefoot in public areas of gyms, and be sure to cover cuts and cracks in the skin of your feet and ankles.



LISTEN TO YOUR BODY

If you've injured your foot or ankle during a workout, don't ignore the pain. Make an appointment with your foot and ankle surgeon for a proper diagnosis.

For more health information and tips, visit FootHealthFacts.org—the patient education website of the American College of Foot and Ankle Surgeons.



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