



FootNotes

Injury-Free Young Athletes

Start School on the Right Feet

Hit the Trails Safely

Athletic seasons ramp up in the fall for young athletes and with this comes cheerleading are sports more likely to lead to sprains, broken bones and other problems. Keep your child in the game this fall with these six tips:

1. Treat foot and ankle injuries immediately. What seems like a sprain isn't always a sprain. Aside from ligament injuries, your child might have injured bones or cartilage without knowing it. Schedule an appointment with your child's doctor if you suspect an ankle injury. Failure to treat injuries appropriately and timely can lead to long-term instability or arthritis later in life.

2. Have old sprains checked before the season starts. A foot and ankle surgeon can tell whether a previous injury might be vulnerable to sprains during the season.

3. Get the right shoes for your child's chosen sport. Each sport has different requirements and shoes are not interchangeable.

Old shoes wear down over time and become uneven on the bottom. When a shoe is worn out, it can lead to foot, ankle and athletic shoes evaluated. Check for dips, divots or holes as most sports-related ankle sprains are caused by running and jumping on uneven surfaces. Foot and ankle surgeons recommend that you schedule an appointment with your child's doctor if you notice any irregularities, alert your child's doctor.

6. Always encourage athletes to stretch and warm up before practice or games. Calf stretches and light jogging help warm up ligaments, muscles, tendons and blood vessels reducing the risk for foot and ankle injuries.

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Freedom. Changes in routine can be tough on kids, but it shouldn't be hard to head back to school these casual sandals can lead to aches, pains and increase the risk of injury.

Fortunately, this type of foot pain can usually be eliminated with a simple change in footwear. If your child is complaining of foot pain, schedule an appointment with our podiatrist.

Kids have growth plates in their heels that continue growing into their late teens. Repetitive stress from walking without cushion or support can be harmful.

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Hiking is a great way to get exercise and fresh air while experiencing the beauty of changing seasons. Hiking-related injuries can range from relatively minor ailments such as blisters and bruises to more serious conditions like stress fractures or ankle sprains. These injuries may even attempt to treat the injuries by modifying their walk or pace and further injury down the road.

Proper preparation before hikes can decrease the risk of injury. Here are some easy ways to keep hikes safe:

- Trim toenails from bruises.
- Condition and break in footwear before your hike.
- Wear moisture-wicking socks to protect feet from the cold and excessive sweating.

- Be familiar with the hiking route and know your options for accessing medical assistance.

Protect and stabilize injured feet and ankles. For emergency injuries or for emergency room for treatment. For emergency injuries or for emergency room for treatment.

