



FIT FEET

Looking after your feet when taking part in sports

When you run, your body weight is multiplied by up to seven times, with your feet bearing the brunt of this stress at every stride. Wearing the right footwear for your sport or activity is vital to avoid long term problems and injury. The College of Podiatry offers the following advice to help keep feet fit.

- **Maintain healthy feet.** Keep your feet clean and dry to prevent blisters. Ensure you shower and dry your feet thoroughly after exercise, to prevent athlete's foot. Change your trainers regularly to prevent general pain from lack of cushioning or reduction of support. Trainers do not last forever!
- **Choose the correct shoes for the sport.** If running, buy a running shoe which has adequate cushioning in the midsole and a flared heel for stability. However, if it's a racquet sport such as squash or tennis, buy shoes designed for racquet sports that give better stability when moving and stopping suddenly around the court - a running shoe wouldn't be suitable due to lack of lateral support. Find a specialist retailer who can advise on the correct type of trainer for your foot type and sport.
- **Follow the 1cm rule.** When shopping for the perfect sports shoes ensure you can wiggle your toes a little – leave 1cm of room from the top of your longest toe to the end of your shoe. Try on both shoes and walk around the shop to make sure they don't pinch or rub.
- **Wear the right socks.** The best sports socks are those made from synthetic materials which are designed to wick sweat away from the skin. They don't absorb moisture like cotton socks, and keep the feet drier and therefore reduce the chance of painful blistering. Some socks even have silver threads to reduce smell and prevent athlete's foot infections.
- **Seek expert advice if necessary.** If you have ongoing foot pain that doesn't go away, see a podiatrist.

For more information on foot health or to find a local podiatrist please visit

www.feetforlife.org