

All Toes on Deck

Protect Feet from the Heat this Summer

Hiking, sightseeing, relaxing on the beach— however you spend your vacation, your feet will carry you through it all. Keep these tips in mind to prevent foot predicaments and enjoy fun in the sun with family and friends.

Limit walking barefoot, as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.



Stay hydrated by drinking plenty of water throughout the day. Drinking water will not only help with overall health, but will also minimize any foot swelling caused by the heat.



Remember to **apply sunscreen all over your feet**, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.

Wear shoes or flip-flops around the pool, to the beach, in the locker room, and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.



Some activities at the beach, lake, or river may require different types of footwear to be worn, so be sure to ask the contact at each activity if specific shoes are needed. To be safe, **always pack an extra pair of sneakers or protective water shoes**. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.

Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.



If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home. Use the Find a Podiatrist tool on our home page to get treatment wherever your travels take you!

Be sure you're seeing the most qualified health-care professional to treat your feet by looking for the letters "DPM" after his or her name. The DPM means a physician has completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making him or her uniquely qualified to care for this part of the body.

Visit www.APMA.org for more foot health information, or to find a podiatrist near you.