COMMON FOOT PROBLEMS
(AND WHAT TO DO ABOUT THEM!)

How to Choose the Right Shoe

Consider the activity. Basketball shoes are different than ballet shoes for a reason. Sports-specific shoes help protect against injury by providing appropriate support. Basketball shoes, for instance, provide extra ankle support, because the movements from side to side that are typical in basketball put strain on the ankles.

Get fitted. If you need an athletic shoe, visit a store that specializes in athletic footwear. The associates there can help you find a shoe that's appropriate for your foot, the way you walk, and your sport. Look for a shoe that fits your foot but don’t get hung up on size. Shoe sizes, like clothes sizes, can vary from brand to brand. You want a pair of shoes that fit comfortably on your large foot's size. You should never have to break-in a pair of athletic shoes.

Check for support. The best shoes support your front, back, and arch. Backless shoes actually alter the way you walk, and that can cause foot injuries and discomfort down the line. You don’t have to give up your flip-flops, you just shouldn’t wear them all the time. Look for shoes that are stiff in the middle, but bend at the ball of the foot. High heels are OK for special occasions. Consider selecting platform or wedge heels instead of stilettos.

Watch for signs of wear. When your shoes start wearing out, it’s time for a new pair. Check the tread and middle, the cushiony part just before the sole. If the shoe displays signs of uneven wear, it’s time to look for a new pair of shoes. Athletic shoes should be replaced yearly, running shoes should be replaced every 300-400 miles or so.

Foot Care 101

Keeping your feet healthy can help you avoid embarrassing and uncomfortable problems such as athlete’s foot, foot odor, and toenail fungus. Follow these steps for healthy feet:

Wash your feet daily with soap and water. It’s tempting to just wash your feet around in the shower, but today’s podiatrists say it’s important to use soap to remove germs and grime. Don’t forget to wash in between your toes!

Keep feet dry. Fungus, including the kind that causes athlete’s foot, loves to grow in moist, damp environments, so after your shower, dry your feet thoroughly, paying extra attention to the spaces between your toes. If your socks get wet during the day, change socks. It’s not a bad idea to keep an extra pair in your locker or gym bag!

Trim toenails into a slight curve. Too-long toenails not only wreck your socks and look crazy, but they can harbor bacteria. Use a pair of toenail clippers to cut your toenails to just above or at the edge of your toe. Some doctors still get leery of your digi-toes crossing the nail, but a slight curve is OK too.

Footwear

How to choose the right shoe

Common warts, which can appear anywhere on the body, are rough little bumps. Plantar warts, which occur on the bottom of the feet, are typically hard, flat, and rough.

Warts

Symptoms of an ingrown toenail include redness, swelling, and tenderness around the nail. Sometimes you can even see the nail digging directly into the toe. Try soaking the affected foot in lukewarm water and Epsom salts for 20 minutes three or four times a day. If the redness and pain doesn’t improve after a couple days, see a doc. Podiatrists can easily treat ingrown toenails.

Athlete’s Foot

Athlete’s foot, an itchy foot condition that is typically hard, flat, and rough. Feet sweat up to half a pint each day? Did you know

Wearing them again. Foot doctors, called podiatrists, can help people with particularly painful problems such as athlete’s foot, foot odor, and toenail fungus. Follow these steps for healthy feet:

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