

Would you see a specialist for a problem with your heart? Your back? Why not your feet?

Healthy, pain-free feet are vital to keeping you active and healthy!

Podiatrists attend four years of podiatric medical school and a three-year, hospital-based residency to become *the* specialists in the foot and ankle. If you experience foot pain or any of the following symptoms, it's time to make an appointment with a podiatrist:



Pins and needles?



If you have diabetes and experience prickling, heaviness, or other uncomfortable symptoms in your feet, you may have nerve damage caused by diabetes. See a podiatrist to help avoid serious complications.

Numbness?



Pain, burning, or numbness between your toes or in the ball of your foot could be signs of a benign growth of nerve tissue called a neuroma. See today's podiatrist for proper diagnosis and relief!

Skin changes?



Changes in the skin on your foot are red flags for a variety of conditions, from viral and fungal infections to peripheral artery disease to even cancer. If you've noticed a difference, make an appointment.

Stubborn injuries?



Rest, ice, compression, and elevation (RICE) are first aid, but if pain isn't improving, or you notice severe swelling or bruising, it's time to visit a podiatrist. Podiatrists treat traumatic injuries including sprains and fractures.