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**April Foot Health Awareness Month Campaign**

**Suggested Social Media Posts**

Facebook/Instagram

Foot pain happens to people of all ages, including children! Podiatrists #keepkidsactive and as physicians and surgeons specially trained to treat the foot and ankle, they are the best-trained physicians to treat your child’s feet. Explore the most common foot conditions to watch for in kiddos and see a podiatrist at the earliest signs of discomfort: apma.org/keepkidsactive

Has your child recently said they are too tired to play their favorite sport? Are they reluctant to do the physical activities they would normally enjoy, or are they more quiet than normal? These may be signs that they’re experiencing foot pain. #keepkidsactive by watching for subtle signs like these, and if you start noticing more symptoms, make an appointment for your child to see a podiatrist for diagnosis and treatment. Learn more: apma.org/keepkidsactive

After a two-year break from youth sports due to the pandemic, those cleats won’t fit like they used to! #keepkidsactive and ensure their athletic shoes fit properly. Playing in cleats or skates that are too small isn’t just uncomfortable, it can lead to a number of foot injuries and conditions. Visit apma.org/keepkidsactive for sport-specific footwear tips and guidance.

Growing Pains was an 80s sitcom—not a valid reason for your child’s foot pain. Don’t dismiss your child’s complaint of foot or ankle pain as “growing pains”! These are often very real symptoms. #keepkidsactive and have your child seen by a podiatrist. Understand the role DPMs play in keeping kids active: apma.org/keepkidsactive

We are counting down the days until the neighborhood pool opens for the summer! Unfortunately, so is the virus that causes skin warts. Warts are born from a virus that is transmitted through tiny cuts in the skin when walking barefoot, and the virus thrives in warm, damp environments like locker room showers at the gym or the shower room at your local pool. Kids, especially teens, are prone to warts on their feet. #keepkidsactive and check your child’s feet regularly for warts; at the first sign, make an appointment to see your podiatrist for treatment: apma.org/keepkidsactive.

Fractures vs. Sprains: fractures are a broken or fractured bone, and sprains are a soft tissue injury. Both hurt, both are common foot and ankle injuries for kids, and both require treatment from a podiatrist! Treat first with RICE (Rest, Ice, Compression, Elevation), and if swelling gets worse or your child is still unable to put any weight on the injury, #keepkidsactive by seeing a podiatrist to prevent a prolonged injury: apma.org/keepkidsactive.

If your little athlete is complaining of heel pain, #keepkidsactive and make an appointment for them to be seen by a podiatrist. Calcaneal apophysitis, or Sever’s disease, is caused by an inflamed growth plate in the heel caused by overuse injuries from sports like soccer. This is just one of several common foot and ankle injuries kids experience – learn other conditions to be aware of: apma.org/keepkidsactive.

Sometimes it seems like children’s feet grow overnight! If their shoes are too small, this can result in ingrown toenails. If left untreated the toenail can become infected; to #keepkidsactive pay close attention to the fit of your child’s shoe and visit a podiatrist immediately to receive treatment for ingrown nails. Check out apma.org/keepkidsactive for tips to ensure proper fitting footwear!

Podiatrists are expertly trained to treat several foot and ankle injuries and conditions in children, they #keepkidsactive! Oftentimes they can provide immediate relief of pain and discomfort. Explore some of the most common conditions our member podiatrists are seeing in children, and the action you can take to prevent them: apma.org/keepkidsactive

Is your kiddo nursing a foot or ankle injury? Podiatrists #keepkidsactive by providing both conservative care and surgical treatment for children. Make an appointment for your child to be seen by a podiatrist to ensure a temporary injury doesn’t become a chronic condition. Learn how DPMs keep kids active: apma.org/keepkidsactive

Accidents happen, and so do sports injuries! Whether it’s heel pain, an ingrown nail, a sprained ankle, or even warts, podiatrists #keepkidsactive and can help treat these conditions and more. Visit apma.org/keepkidsactive to learn the indicators that your child may be experiencing foot and ankle discomfort, and check out videos from our member experts on steps you can take to help keep kids active.

I scream, you scream, we all scream—for calcaneal apophysitis? This overuse injury presents itself as heel pain in children, and is generally caused by an inflamed growth plate in the heel brought on by sports like soccer or basketball. Save the screaming for ice cream, and #keepkidsactive by seeing a podiatrist for treatment: apma.org/keepkidsactive

Warts spread in warm, moist environments—like gym locker rooms. If your child is on the swim team, plays basketball, or participates in other similar activities, check their feet regularly for warts to #keepkidsactive. Warts can become painful if left untreated, so see a podiatrist asap! apma.org/keepkidsactive

If your child is suddenly disinterested in their favorite sport, this could be a sign of something more serious. Behavior like this can be an indicator that your child is experiencing foot pain, which is why they no longer want to play! #keepkidsactive, and make an appointment to be seen by a podiatrist to determine what’s wrong. Learn about the most common foot and ankle conditions in children: apma.org/keepkidsactive

#keepkidsactive and don’t let ingrown toenails slow your little rockstar down! Ingrown nails are a common condition for kids because they can be caused from the pressure brought on by shoes that are too small. Attempting to treat at home can lead to further injury. Make an appointment to be treated by a podiatrist and visit apma.org/keepkidsactive for tips on preventing ingrown nails.

Twitter

Properly fitting and footwear is critical to #keepkidsactive and prevent injury on and off the field. Make sure to check your kids’ shoes regularly to ensure they fit properly. Learn what to look for in athletic shoes to help keep your child active: apma.org/keepkidsactive

Podiatrists are trained to diagnose and treat conditions of even the smallest ankles and feet! Podiatrists are experts in treating children’s feet and early treatment can help prevent chronic injuries. #keepkidsactive and make an appointment today: apma.org/keepkidsactive

If your little athlete is complaining of heel pain, #keepkidsactive and make an appointment for them to be seen by a podiatrist. Sever’s Disease is an inflamed growth plate in the heel caused by overuse injuries from sports like soccer. Learn more: apma.org/keepkidsactive.

DYK podiatrists can help #keepkidsactive? Podiatrists treat a wide variety of patients from geriatrics to pediatrics and are expertly trained to treat feet of all sizes! Understand the role DPMs play in keeping kids active: apma.org/keepkidsactive

Growing pains aren’t real, but growth spurts are! It’s important to keep kids in properly fitting footwear to avoid injury and #keepkidsactive. Check your child’s shoes regularly to ensure they still fit. Get additional tips for children’s foot health: apma.org/keepkidsactive

Today’s podiatrist is an expert in kids’ foot health! Foot pain is never normal in children and shouldn’t be dismissed as growing pains. Discover ways today’s podiatrist can help #keepkidsactive: apma.org/keepkidsactive