

FOOT CARE FOR RUNNING/JOGGING

by Ronald L. Valmassy, D.P.M.

HYGIENE

- Wash feet daily with a mild soap.
- Dry thoroughly between toes with a soft towel.
- Change socks daily.
- Check feet regularly for blisters, soft corns and cracking between the toes.
- Have at least 2 pairs of shoes and alternate wearing.

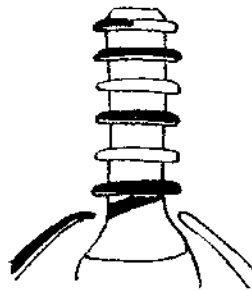
SHOE SELECTION

- Proper shoe selection can prevent problems.
 - Inspect inside for rough or uneven edges.
 - Feet can swell $\frac{1}{2}$ size during the day.
 - Buy shoes at the approximate time of the day you exercise.
 - The end of the shoe should be a thumb's width past the longest toe.
- A. PRONATION** (arch collapse)
- choose a shoe with "motion control" which possesses arch support system or rigid heel counter
- B. SUPINATION** (high arch)
- choose a shoe with good shock absorption
 - midsole should have good shock absorption at heel strike
- SOLE REPLACEMENT**
- replace the sole when wear approaches midsole area of shoe
 - do not resole shoes more than once — support and shock absorption will be lost

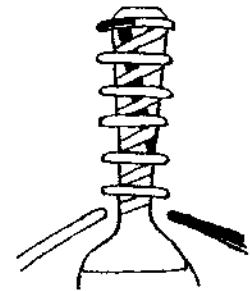
LACING TECHNIQUES



A. for heel slippage due to narrow heels

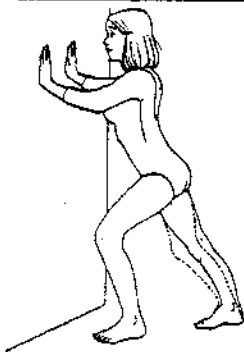


B. for blackened or tender toenails



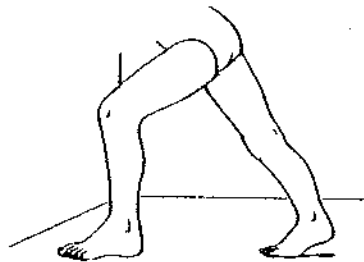
C. for high arch feet (pass laces under the eyelets not across top)

STRETCHING EXERCISES



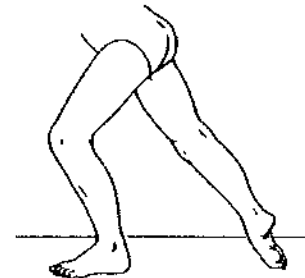
(LOWER LEG)

1. Slowly lower body toward wall. Hold.
2. From position 1, bend rear leg at knee. Hold.



(ARCH)

- From #1, slide rear leg back until heel is 1" off floor. Hold.



(TOP OF FOOT)

- Bend front knee. Slowly press rear foot to floor. Hold.

DIRECTIONS

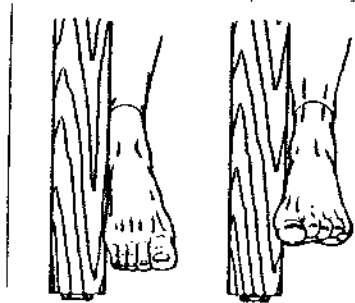
- Do 5 times a week.
- Warm up with a 10 minute walk before stretching.
- Do to both sides.
- Achieve position slowly to a tight feeling, **NEVER PAIN**.
- Hold position for 15 to 30 seconds.

CONDITIONING EXERCISES

(Do every other day)

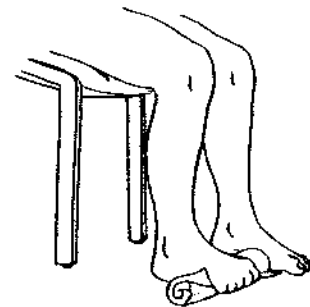
(ANKLES)

Push against table leg. Hold 10-20 seconds. Repeat 10-15 times on each side of foot.



(ARCH)

Pick up towel with toes. Hold 5 seconds. Repeat 10-15 times.



WARNING SIGNS

IF ANY OF THESE SYMPTOMS APPEAR, SEEK PROFESSIONAL HELP:

- **STRESS FRACTURE**
 - chronic, increasing pain over foot or lower leg or swelling and warmth
- **NEUROMA**
 - numbness or burning in two adjacent toes
- **WARTS**
 - hardened areas of tissue on bottom of foot
- **HEEL OR ARCH PAIN**
 - continuous pain or pain during activity
- **DISCOLORED OR LOOSENED NAILS**
 - red or painful toes, nails discolored or darkened
- **CORNS/CALLUSES**
 - painful thickening of skin on toes or ball of foot
 - pain when running or walking
 - commercial removal formulas are not advised
- **HAMMERTOE/BUNION**
 - crooked toes or enlarged big toe joint

PREVENTION

TREATMENT

ATHLETE'S FOOT

- Dry feet thoroughly between toes after bathing.
- Change socks daily.
- Use a talc or powder on feet.
- If itching, scaling, or redness appears between toes, try an over-the-counter anti-fungal medication. If symptoms persist, seek professional help.

BLISTERS

- Obtain well-fitted shoes.
- Break in new shoes slowly. Wear for only short periods of time in the beginning.
- Apply vaseline-type lubricant to areas prone to blister.
- Do not uncap or remove the loose skin. It will act as protection.
- Keep covered with gauze or mole-skin.
- If drainage, pain, or redness persists, seek professional help.

INGROWN NAILS

- Trim nails straight across the width of the toe.
- **Do not** cut into the corner of nail.
- Soak toes in warm water 2 to 3 times daily. If swelling and redness persist, seek professional help.

RECOMMENDATIONS:

COMPLIMENTS OF:

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