Sports and Foot Health

**Play It Safe with Today's Podiatrist**

Playing sports is a great way to exercise, spend time with friends and family, and develop team-building skills. But did you know that ankle sprains and breaks are among the most common sports injuries for both adults and children?

Luckily, today's podiatrists are uniquely qualified among medical professionals to treat the complex structure of the foot and ankle, based on their education, training, and experience. They can diagnose and treat sports injuries affecting the lower extremities, provide guidance on proper athletic footwear, prescribe custom orthotics, and evaluate biomechanics.

Learn more about staying active and healthy with APMA's new "Play It Safe" campaign. A suite of patient education materials are available, including a poster, customizable newsletter, videos, and even a Pinterest board of athletic products that have earned the [**APMA Seal of Acceptance**](http://www.apma.org/learn/content.cfm?ItemNumber=1108&navItemNumber=556).

To learn more about foot health and sports, or if or your child is experiencing foot pain, [**find a podiatrist**](http://www.apma.org/Directory/FindAPodiatrist.cfm?navItemNumber=556) near you!

**For Patients:**

* **An Overview**  
  Learn about [**sprains, strains, and fractures;**](http://www.apma.org/learn/FootHealth.cfm?ItemNumber=982) [**heel pain;**](http://www.apma.org/learn/FootHealth.cfm?ItemNumber=985) [**athlete's foot;**](http://www.apma.org/learn/FootHealth.cfm?ItemNumber=978) [**tendinitis;**](http://www.apma.org/learn/FootHealth.cfm?ItemNumber=1952) and [**shoe inserts**](http://www.apma.org/learn/FootHealth.cfm?ItemNumber=988).
* **Play It Safe**This [**colorful poster**](http://www.apma.org/store/index.cfm?navItemNumber=3260) helps identify what to look for when purchasing footwear for your sport. It's also available to [**print as a PDF**](http://apma.files.cms-plus.com/Play%20It%20Safe%20Fact%20Sheet.pdf).
* **Which Running Shoe is Right for You?**This [**quick guide**](http://www.apma.org/Learn/HealthyFeetTips.cfm?ItemNumber=9865) is helpful for understanding the different foot types. Visit today's podiatrist for a thorough evaluation.
* **Sports Footwear for Teenagers**[**This overview**](http://www.apma.org/Learn/HealthyFeetTips.cfm?ItemNumber=9862) includes a PDF tip sheet you can print and bring with you shoe shopping.
* **Winter Sports Enthusiasts**  
  Skiers, snowboarders, hockey players, and ice skaters should keep [**these tips**](http://www.apma.org/Learn/HealthyFeetTips.cfm?ItemNumber=11069) in mind.
* **Meet Your Feet**Did you know that when running, you can exert forces up to four times your body weight? Learn more in [**this fun video**](https://www.youtube.com/watch?v=u1e7wMIW5u4)!
* **Podiatrist-approved Shoes**View the athletic footwear and products recommended by podiatrists on our [**APMA Pinterest account**](http://www.pinterest.com/theapma).
* **Becoming a Podiatric Sports Specialist**  
  Learn more about the exciting careers available in podiatric sports medicine by taking a look at the career paths of [**Perry Julien, DPM**](http://www.apma.org/Education/content.cfm?ItemNumber=1223), and **[Kirstyn Caldwell, DPM](http://www.apma.org/Education/content.cfm?ItemNumber=1221)**; Captain, United States Air Force.
* **Join the Conversation**  
  Follow us on [**Twitter**](https://twitter.com/APMATweets), [**Facebook**](https://www.facebook.com/theAPMA), [**Google+**](https://plus.google.com/105882679662734492575/posts), and [**LinkedIn**](http://www.linkedin.com/groups?home=&gid=3801060&trk=anet_ug_hm) to hear more about topics related to foot health year-round.