



## Walk a Mile with Happy and Healthy Feet

Walking, whether it's for enjoyment, exercise or simply to get from one place to another is the easiest and most popular form of exercise. It provides countless health related benefits and also contributes to your overall well-being. But, the benefits of walking, even with the proper shoe, can be diminished by unhealthy feet. Sore feet can make the shortest of walks an arduous task. Since walking is paramount to our daily lives, it's important to maintain proper foot care and function. Member podiatrists from the American Podiatric Medical Association (APMA) can help make sure you stay on your feet by offering expert medical diagnosis and treatment options for all pain associated with the feet and ankles.

American Podiatric  
Medical Association  
9312 Old Georgetown Road  
Bethesda, MD 20814  
Telephone:  
301.571.9200  
800.FOOTCARE  
Facsimile:  
301.530.2752  
[www.apma.org](http://www.apma.org)

Whether you're contemplating starting a walking program, you walk for fitness or you just enjoy the occasional leisurely stroll, it's important to be aware of these common walking related foot conditions and treatment options your podiatrist can provide to ensure that you *never lose a step to foot pain*.

COMMON CONDITION	WARNING SIGN(S)	POSSIBLE CAUSES	PRECAUTIONS	DOCTOR RECOMMENDED TREATMENTS
<b>Athlete's Foot</b>	<ul style="list-style-type: none"> <li>• Flaky, dry, cracked, itchy skin</li> <li>• Smelly feet that sometimes appear red, moist or with blisters</li> </ul>	<ul style="list-style-type: none"> <li>• Shoes that encourage fungal growth</li> <li>• Can be contracted in dressing rooms, locker-room showers, hotel rooms, and swimming pool locker rooms</li> </ul>	<ul style="list-style-type: none"> <li>• Inspect the skin on feet every day and be aware of changes or unusual growths.</li> <li>• Keep shoes and socks dry.</li> <li>• Practice good foot hygiene, including daily washing of the feet with soap and water, and drying feet carefully, especially between the toes.</li> <li>• Change shoes regularly.</li> <li>• Wear natural/synthetic blend socks that wick away moisture.</li> <li>• Moisturize skin, but avoid between the toes.</li> <li>• Wear flip-flops in public showers.</li> <li>• Read the label on over-the-counter products carefully to avoid serious complications.</li> <li>• Rinse feet and change socks or panty hose mid-day. Be sure to dry between toes.</li> </ul>	<ul style="list-style-type: none"> <li>• Recommend prescription topical medications.</li> </ul>

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<b>Blisters</b>	<ul style="list-style-type: none"> <li>A painful, fluid-filled lesion</li> </ul>	<ul style="list-style-type: none"> <li>Ill-fitting or stiff shoes</li> <li>Wrinkled socks rubbing against the skin</li> <li>Excessive moisture</li> <li>Foot deformities</li> </ul>	<ul style="list-style-type: none"> <li>Keep feet dry.</li> <li>Always wear socks as a cushion between your feet and shoes.</li> <li>Wear properly fitted shoes.</li> <li>Do not pop a blister. Carefully open a corner of the blister closest to the bottom of the foot with a sterilized utensil, drain, apply antibiotic cream and cover with a bandage.</li> <li>Check the blister regularly to ensure it doesn't become infected.</li> </ul>	<ul style="list-style-type: none"> <li>Remove the blister surface if needed.</li> <li>Prescribe appropriate medications, topical or oral.</li> <li>Recommend padding, dressings and friction reducing measures.</li> <li>Recommend adhesive bandages.</li> </ul>
<b>Fungal Nail</b>	<ul style="list-style-type: none"> <li>Thickened, discolored, loose, or deformed toenail</li> </ul>	<ul style="list-style-type: none"> <li>Result of trauma to toenail</li> <li>Could be an indication of other medical conditions such as diabetes, arthritis, cancer or psoriasis</li> <li>Can start in the skin as athlete's foot, and spread to the nails</li> <li>Shoes and socks that encourage fungal growth</li> <li>Heredity</li> </ul>	<ul style="list-style-type: none"> <li>Keep shoes and socks dry.</li> <li>Practice good foot hygiene, including daily washing of the feet with soap and water, drying the feet carefully, especially between toes.</li> <li>Change shoes regularly.</li> <li>Wear natural/synthetic blend socks.</li> <li>Inspect toenails and trim them straight across on a regular basis.</li> <li>Do not use nail polish to cover discoloration.</li> </ul>	<ul style="list-style-type: none"> <li>Perform a physical examination and culture the infected nail.</li> <li>Prescribe appropriate medications, such as an oral anti-fungal medicine.</li> <li>Perform debridement or removal of the nail as needed.</li> </ul>
<b>Plantar Fasciitis/Heel Pain</b>	<ul style="list-style-type: none"> <li>Pain in the bottom of the heel or arch</li> </ul>	<ul style="list-style-type: none"> <li>Weight gain</li> <li>Stretching and inflammation of fascia, the long band of connective tissue that runs from the heel to the ball of the foot</li> <li>Bony overgrowth of the bone</li> <li>Muscle imbalance</li> <li>High- or low-arched foot</li> <li>Improper shoe gear</li> <li>Excessive activity</li> <li>Trauma</li> <li>Tightness of the muscles on the back of the leg</li> </ul>	<ul style="list-style-type: none"> <li>Warm up and stretch properly before exercising.</li> <li>Exercise and stretch daily.</li> <li>Do not walk barefoot or in backless shoes.</li> <li>Wear shoes that have a strong, supportive arch and firm heel.</li> <li>Wear lower heels, or at the very least, vary heel heights to maintain flexibility.</li> </ul>	<ul style="list-style-type: none"> <li>Perform a physical evaluation and X-ray.</li> <li>Recommend padding, taping and proper shoe inserts.</li> <li>Prescribe orthotic devices and appropriate medications.</li> <li>Administer cortisone injections.</li> <li>Physical therapy.</li> <li>Surgery, when all else fails.</li> </ul>
<b>Tendinitis</b>	<ul style="list-style-type: none"> <li>Pain along the course of a tendon or the back, front, or sides of ankles</li> </ul>	<ul style="list-style-type: none"> <li>Increasing activity level or walking distance</li> <li>Overuse</li> <li>Wearing worn-out or improperly fitted shoes</li> <li>Walking on hills</li> </ul>	<ul style="list-style-type: none"> <li>Rest</li> <li>Ice</li> <li>Try over-the-counter supports and anti-inflammatories.</li> </ul>	<ul style="list-style-type: none"> <li>Prescribe custom orthotics.</li> <li>Prescribe medications and anti-inflammatories.</li> <li>Recommend immobilization.</li> </ul>

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<b>Ingrown Toenails/Infected Toenails/Injury to the Toenails</b>	<ul style="list-style-type: none"> <li>• Redness, pain or swelling around the nail</li> </ul>	<ul style="list-style-type: none"> <li>• Shoe pressure</li> <li>• Poor foot structure</li> <li>• Heredity</li> <li>• Improper nail trimming</li> <li>• Trauma</li> <li>• Foot deformity</li> </ul>	<ul style="list-style-type: none"> <li>• Inspect nails daily and trim toenails straight across as a preventative measure on a regular basis. Instruct your pedicurist to do the same.</li> <li>• Keep nails clean and dry and remove nail polish regularly.</li> <li>• Try not to wear tight-fitting socks or shoes.</li> <li>• See a podiatrist at the first sign of a problem or with a recurring problem.</li> <li>• If you have diabetes or circulation problems, do not cut your own nails.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a physical examination and an X-ray evaluation when necessary.</li> <li>• Prescribe appropriate topical medications or antibiotics.</li> <li>• Perform surgical correction of the nail when needed.</li> </ul>

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