

Title:

Athletes At Greater Risk For Foot Problems

Word Count:

609

Summary:

Approximately one-quarter of all the bones in the human body are located in the feet. When the

Keywords:

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Article Body:

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Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circula

The best exercise for your feet? Walking. It also contributes to your general health by improv

A number of general foot problems can be caused by strenuous physical activity, including:

&#8226; Arch strain/pain-Frequently the result of a common condition called plantar fasciitis.

&#8226; Athlete's foot-A fungal infection that causes red, dry, flaking skin, sometimes accomp

&#8226; Toenail fungus-Known as onychomycosis, it can be picked up in damp areas such as publi

Foot Health Is Important

When it comes to painful feet, what appears to be minor may grow into a serious issue if left

&#8226; Blisters, calluses or thickening skin on the foot

&#8226; Bumps on the toes

&#8226; Peeling skin on heels, sides of feet or between the toes

&#8226; Any wound or sore that resists healing

&#8226; Thick, brittle, discolored or flaking toenails

&#8226; Warts.

Feet are susceptible to fungal infections that can result in itching and burning. Fungal infec

10 Steps To Healthy Feet

To keep your feet healthy and comfortable, follow these easy foot tips:

&#8226; See your podiatrist and follow his or her directions.

&#8226; Wear properly fitting shoes.

&#8226; Keep feet cool and dry.

&#8226; Wash and thoroughly dry feet daily, even between toes.

&#8226; Avoid wearing the same shoes two days in a row.

- &#8226; Always wear shoes in public areas, including hotel rooms and health clubs, to avoid co
- &#8226; Disinfect shoes regularly with a disinfectant spray.
- &#8226; Clip toenails straight across.
- &#8226; Use sterile pedicure instruments.
- &#8226; Foot pain, itching or ugly toenails should never be ignored.

Your feet are feeling the impact of tremendous pressure with each step. If this is causing you  
Wearing protective shoes or sandals in public areas can help prevent certain foot problems.

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