

Title:

Advice for Hikers and Hunters

Word Count:

583

Summary:

Before hikers and hunters head out for recreation, check to make sure you have the proper foot

Keywords:

feet, ankles, hiking, walking, muscles, tendons, injuries

Article Body:

As brightly colored leaves dazzle the fall landscape, hikers and hunters nationwide will migra

"Hikers, hunters and others who love the outdoors often don't realize how strenuous it can be

"Walking up and down steep hillsides and tramping through wet, slippery fields and wooded area

Vargas advises hikers and hunters to make the investment in top-quality hiking boots. He said

In wet and cold weather, wearing the right socks can help prevent blisters, fungal infections

What happens if your feet or ankles hurt during a hike or hunt? Vargas said pain usually occur

According to the ACFAS consumer website, FootPhysicians.com, pain is a warning sign that somet

Vargas also recommends visiting a foot and ankle surgeon if there is persistent foot or ankle

Hikers and hunters seeking further information about ankle sprains, Achilles tendon injuries a

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