

Sore feet after sport?



It might be because they've been supporting 5 of you

Did you know that during sport your feet are placed under 5 to 6 times their normal stress level? It's no wonder they feel a little touchy after a game of netball, basketball, tennis, bowls or golf.

Just about any activity can be called sport nowadays, including exercise walking, and they all take a toll on your feet. But obviously the more rigorous the activity, the harder the wear and tear.

When feet are bearing higher than normal stress loads any areas of weakness may experience pain. Symptoms of this can affect the feet, ankles, shins, knees, hips and lower back.

The best shoe for you will depend on the type of sport you play and your personal foot type. Many people, especially those with severe foot problems, will be unable to find suitable shoes in a run-of-the-mill shoe store.

It is imperative that you avoid the temptation to buy the expensive 'flavour of the month' shoes which often prove unsuitable. Specialist sports stores can often advise you accordingly.

All bodies require 'warming up' and 'cooling down' periods to reduce the risk of injuries. Stretching doesn't just apply to muscles like hamstrings and quadriceps.

Feet also require care. A qualified coach can show you how to stretch for the best result.

If foot pain persists you should consult a podiatrist as feet are their specialist field. Remember, your feet are irreplaceable.

You only have one pair to last a lifetime, so look after them.

Comfort & Fit would be happy to recommend a podiatrist in your area or, alternatively, telephone one of our stores to obtain some free advice about your feet from one of our qualified podiatrists.



Five Melbourne Stores: Head Office. Bentleigh: 357 Centre Rd. ☎9557 7520 Frankston: 15 Thompson St. ☎9770 5044
Glen Waverley: 58 O'Sullivan Rd. ☎9886 5399 Greensborough: 63 Main St. ☎9432 6344 Niddrie: 368 Keilor Road. ☎9374 4011

©1996, Copyright, Pollock Podiatry Group Pty Ltd. The Original Comfort & Fit. Also available: Orthotics, Bunions, Ingrown Toenails, Heel Pain, Corns, Children's Feet, Flat Feet.