

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

WWW.DFWFOOT.COM

5375 COIT RD STE #100

FRISCO, TEXAS 75035

Phone: (972) 712-7773

Fax: (972) 712-3134

Horst P. Knapp, DPM, MS, FACFAS

Mojgan Tavakoli, DPM, FACFAS, ABPOPPM

Anthony Brockington, DPM, AACFAS

Rebecca M. Wiesner, DPM, AACFAS

Athletic Training

Sports or training related injuries are common and can often be prevented with good training techniques and proper foot support. Injuries resulting from over training are usually treated by providing pain relief, icing, stretching, good supportive shoes, orthotics, and activity modification. Below are some examples of good training habits to help prevent sports or training related injuries.

- Slowly increase the distance and tempo when performing high impact activities such as running.
- Break in new shoes and orthotics slowly. We recommend a 2 week break in period prior to participating in high impact activities with new shoes or orthotics.
- If you are wearing orthotics they should be placed in a neutral shoe. If you are not wearing orthotics the sole design of the shoe should match your foot type.
- It is recommend that athletic shoes be switched out after 400-500 miles. Once athletic shoes are worn they lose their supportive ability.
- Avoid running on roads or other hard surfaces continuously. Break up your running with forgiving firm trails, dirt, fields, or treadmill. This will alleviate some of the stress going through your joints.
- Change your techniques slowly to allow time for your body to adapt.
- Changes in weight or age can also contribute to the onset of injury.

Always remember to check with your podiatrist and physician if you have any questions or concerns with your feet. The Foot & Ankle Center is available 24/7 if you have any questions regarding your feet.