

# Monthly Newsletter

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**Accepting new patients**

Contact Your Podiatrists

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## Football Foot Care and Common Injuries

Its World Cup season! Who are you rooting for? Playing football has a high impact on your feet as it involves lots of rapid movement and changes in direction.

If a player isn't conditioned to these actions, it may lead to injuries, which players must address if they wish to recover quickly, let alone injuries sustained from tackles, side impacts and other players.

Professional football players have medical teams and usually have access to special equipment in such cases. On the other hand, recreational players do not have such privileges.

Below are some common injuries, and how to treat or manage them on your own.

### *Most Common Football Injuries*

Any of these injuries could sideline a player for a period. However, they may differ in severity.

- Bruises and contusions are relatively common. Despite being a minor injury, a bruise may affect your performance due to pain.

- Tendinitis or other conditions related to the Achilles or other tendons. This type of injury is very common and is caused by overusing or straining a tendon. It could force you to give up strenuous activities for six months, while recovering.

- Sprains or fractures, such as metatarsal fractures, are common. In some cases, surgery and physical therapy may be required to strengthen and rehabilitate the foot.



## Football Foot Care and Common Injuries (Cont'd from previous page)

- Blisters and toenail problems are common, and may lead to infections if not treated properly.

### *How To Treat And Avoid Football Injuries*

While some of injuries may not seem very serious, they all need to be attended to. Prompt medical attention is required in the case of more severe injuries.

Tendinitis, sprains, and fractures can easily happen due to the nature of the sport.

However, one good way to prevent or minimize the risk of such injuries is to train properly. Cleated shoes designed specially for football are a must when playing on grass.

If you are experiencing long-term injuries or lingering pain due to football, make sure to visit us soon for a complete treatment and management plan! ♦



## Achilles Problems

One of the biggest misconceptions regarding Achilles tendon problems is that they only happen to athletes. While it is true that they most commonly occur when there is a recurring habit of exercise, anyone can experience Achilles tendon injuries, even while walking down the street or running after a bus.

When experiencing Achilles tendon problems, severity may vary depending on the cause. Here are some the most common causes of Achilles tendon issues, and how to manage them.

## Achilles Problems (cont'd from previous page)

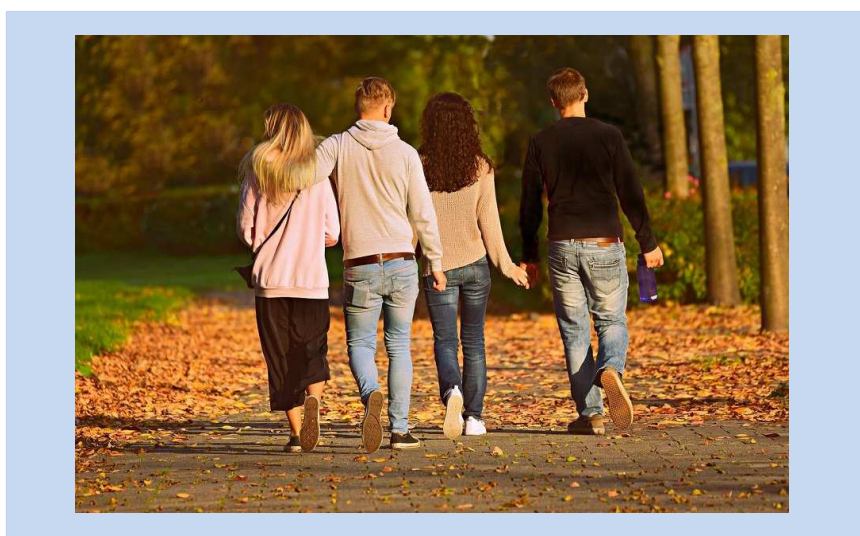
### *What Is the Achilles Tendon?*

Stretching from your heel to the calf muscles, the Achilles tendon is the largest tendon of the human body. It is easy to identify the Achilles tendon on your feet. It is the band of tissue at the back of the ankle that becomes stiff when moving the foot.

The Achilles tendon generates foot movement and allows for you to stand on tiptoes. For athletes, tension and the storage of energy is created within the tendon. The tendon has a

key role to play in storing energy and releasing it – a bit like a battery in a hybrid car.

However, risk factors may cause you to injure the Achilles tendon. These include excessive stress or tensions during activities, wearing high heels, resuming an intensive exercise regime after a long period of inactivity, wearing inappropriate or ill-fitting footwear, and working out on uneven surface amongst some.



### *Treatment and Prevention*

If you notice any pain and think that you might have injured your Achilles tendon, you can do the following:

- Rest your leg. Try not to put any weight on your injured foot.
- Apply ice. Using ice may reduce swelling. Remember not to apply for longer than 20 minutes in one sitting.
- Compress. You can use an elastic bandage to compress and avoid further swelling.
- Take painkillers. If the pain is difficult to bear, you can take painkillers to alleviate it.

Achilles problems may be severe enough to warrant immediate medical help. When in doubt, make sure to visit your podiatrist as soon as possible.

If you have not experienced Achilles problems before, the best way to prevent them is to ensure proper-fitting footwear, follow a consistent exercise regime, and be sure to work out only on even surfaces. In addition, you should try to avoid making sudden movements with your feet and ankles. ♦

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*The Care,  
Professionalism and  
Time that your feet  
deserve*



## Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact the office (see details left).

Thanks for your support!



Would you be willing to write a Google review about your experience today? If so, please visit:

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Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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