

Keep Feet Fit For Frosty Winter Sports

(NAPS)—Skiing, snowboarding, ice hockey and ice-skating are all popular winter sports that require cold temperatures and lots of time spent on the feet. The American Podiatric Medical Association would like to remind everyone who participates in these types of activities to protect their feet and ankles by following these winter sports guidelines:

- Always wear proper footwear; insulated, waterproof boots or shoes are a must.

- Socks are also important. Podiatric physicians recommend a single pair of thick socks made of acrylic fibers that “wick” away moisture caused by perspiration in the boot.

- Properly fitted ski boots and skates are the single most important factor in safe and successful skiing and skating.

- Feet soaked in snow should get back indoors quickly. In sub-freezing temperatures, soaked feet are in immediate danger of frostbite.

- Winter sports can put tremendous stress on the ankle, so before taking to the ice or



slopes in cold weather, it's important to loosen up the muscles by stretching. Stretching helps prevent muscle pulls and tears.

If you are not sure if your ski boots or skates fit properly, or if an apparently proper-fitting pair still hurt your feet, take them to a podiatric physician who can evaluate the fit and make recommendations to improve both comfort and performance on the ice or slopes.

For more information on foot health, you can visit the APMA's Web site at www.apma.org or call 1-800-FOOTCARE to request a free brochure.