

Healthy Feet for *Sporty* Soles

1. Warm up with stretching exercises
2. Warm down after playing the sport
3. Choose the correct shoe for each sport
4. Wear only good quality, well fitting socks
5. See a podiatrist if foot pain is prolonged

For further information please see www.feetforlife.org



The Society of
Chiropodists and
Podiatrists