

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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Summer Foot Care

We are currently in the middle of a hot Texas summer. Follow these summer tips to help prevent common injuries and conditions that occur in the summer.

1. Flip flops and sandals become prevalent during the summer months. Flat unsupportive sandals can lead to heel pain or stress fractures. Help prevent this by wearing good supportive sandals with orthopedic arch support. Stop by the Foot & Ankle Center of Frisco to see our new line of Sole sandals.
2. Walking barefoot around pools can lead to the transmission of a variety of pathogens such as athlete's foot and plantar warts. Prevent this by always wearing sandals when visiting a pool or water park
3. Diabetics beware! Decks and sidewalks become hot and can blister and burn your feet in the Texas sun. If you suffer from neuropathy and have decreased sensation to your feet, do NOT walk barefoot outside in the Texas heat.
4. As kids get back to school and sports start back up, ensure your child's shoes and cleats fit correctly to help prevent painful ingrown toenails, and other toe injuries that can result from improper shoe fit.

Follow these simple instruction to help keep your feet moving this summer. If there is any questions or concerns schedule an appointment today at the Foot & Ankle Center of Frisco. As always walk-ins are welcome.

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