TIPS TO PREVENT FOOT AND ANKLE INJURIES AT THE SNOW THIS SEASON

DON’T OVERDO IT
It may be tempting to go snowboarding for hours or ski down the hill all day, but odds are your feet and ankles aren’t prepared for a full day of activities. Pace yourself during the first few outings of the season, and cut the session short if you begin to feel foot or ankle pain.

FIND THE RIGHT FIT
Those skates or snowboard boots that fit perfectly last year may be too snug this winter, so make sure you have proper fitting equipment before jumping into activity. Hand-me-downs that are too loose can leave you susceptible to ankle sprains and fractures, while shoes that are too tight can cut off circulation to your feet. If you’re renting equipment, have someone help fit your skate or boot.

WARM SOCKS
If snow or ice makes its way into your boot or skate, it can melt and lead to rashes, sores or even frostbite. Make sure you have high thermal socks that can help keep snow from making its way into your shoe. Pack an extra pair or two so you can swap your socks out if they get wet.

OFFSEASON TRAINING
It’s also a good idea to perform some strength training exercises during the warmer months so your feet and ankles are better prepared for the rigors of winter activities. Targeted strength training programs can improve your balance and develop key muscle groups that play an important role in keeping your foot stable while performing winter activities.

ACT QUICKLY
Do not let foot pain ruin your winter fun; inspect your feet regularly and if you injure yourself on the slopes see your podiatrist asap.