



## Foot Health Fact Sheet

# COMMON SPORTING INJURIES

### Did you know?

There are two kinds of sports injuries? Acute injuries happen suddenly and chronic injuries happen after you play a sport or exercise over a long period of time.

Do you experience pain after exercising? Here are some of the most common sporting injuries, which can affect your legs and feet – to explain why they occur, and how your podiatrist can help.

#### Do you experience heel pain in the morning?

Did you know that plantar fasciitis is the most common form of heel pain? While there are many reasons for morning foot pain, plantar fasciitis is common in runners and dancers. It's best to ask your podiatrist for an assessment, diagnosis and treatment if you are experiencing any kind of heel pain.

#### Do you have a painful big toe?

This could be Sesamoiditis, which can be caused by anything from 'weekend warrior' workouts, to high intensity activities. It can help to rest or take a break from the activity and check your shoes are the correct type for the activity you are doing. If pain persists, see your podiatrist who can help.

#### Do you have a bruised toenail?

This is caused by a haematoma. A haematoma is a bleed under the nail, which can be caused by ill-fitting shoes when running or hiking. The first thing you may want to do is check the fit of your shoes is correct – and see your podiatrist if symptoms don't improve.

#### Do you have painful knees or hips?

Sore knees and hips are caused by many reasons, but often surprisingly, this pain can be caused by your gait, which is the way you walk. A podiatrist doesn't just focus on the feet, they can look at the biomechanics of your foot and lower limb region to assess the potential cause of any hip or knee pain.

#### Do you have a painful ball of the foot?

This can make walking – or any exercise – very challenging! You might have a stress fracture or a neuroma. When it comes to likely causes for a painful ball of the foot, the list of possibilities is endless. Make sure you book in with your podiatrist to have this properly assessed and treated.

#### Do you have sore shins?

This could be shin splints, which can be caused by a range of factors – and treated by your podiatrist.



Find a podiatrist at [foothealthaustralia.org.au](http://foothealthaustralia.org.au)

This fact sheet is available as a download from [foothealthaustralia.org.au](http://foothealthaustralia.org.au)



# DO YOU NEED TO SEE A PODIATRIST?



## DOES THE FOLLOWING APPLY TO YOU OR YOUR FAMILY?

- ☐ Can you only walk for a short period before your feet or legs hurt?
- ☐ Do you experience pain in your lower limbs at night?
- ☐ Do you experience tingling in your feet?
- ☐ Have you noticed your legs or feet are swollen?
- ☐ Do you have cuts or fissures on your feet that take a long time to heal?
- ☐ Are you returning to sport after an injury?
- ☐ Are you uncertain about which running or sports shoe to buy?
- ☐ Do you find that you wear out the outside of your shoes quickly?
- ☐ Have you noticed your toes poke holes in the top of your shoes?
- ☐ Does your forefoot become hot and painful after running or walking?
- ☐ Do your hips hurt?
- ☐ Has pain in your feet or legs stopped you from exercising?
- ☐ Are you worried about your child's feet?
- ☐ Do you have arthritis in your feet?
- ☐ Do you experience reoccurring gouty attacks?
- ☐ Are you worried about the thickness of your nails?
- ☐ Do you have discoloured toe nails?
- ☐ Are you worried about your foot odour?
- ☐ Do your toe nails cause you pain?
- ☐ Have you noticed your toes are clawed?
- ☐ Do you have hard skin on your feet? Is it getting worse?
- ☐ Do you find it hard to cut your own nails?
- ☐ Do you find it hard to fit your feet into shoes because of your bunion?

**Ticked one or more boxes? Then you need to see a podiatrist.**

## GO SEE A PODIATRIST BECAUSE...

Podiatrists are Foot Health Experts and understand the structure and movement of your feet and lower limbs.

They can assess, diagnose and treat foot, ankle, knee, leg or hip pain.

Given your feet alone house a quarter of the bones in your entire body, a podiatrist is best placed to get you moving, active or pain-free.

## FIND A PODIATRIST NEAR YOU

Head to **[foothealthaustralia.org.au](http://foothealthaustralia.org.au)** and search by postcode or suburb to find a podiatrist close to you.



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