

Runners should think of their feet like they are the wheels of a racecar. The wheels AND your feet need to be maintained, balanced and aligned for the racecar and YOU to perform optimally.

Follow these 5 steps to get your feet race ready!

1. Perform a thorough inspection of your feet. Look for problem areas: redness, excessive blisters and callouses, and skin break-down such as cracks.
2. Treat problem skin areas.
 - a.) Cracks and dry skin. We all get lizard like feet in the winter. It becomes a problem when your feet actually crack. These cracks are an open door for bacteria. Prevent by sloughing dry skin every other day with a pumice stone after showering. Coat on a thick lotion overnight. If a crack has already occurred cover with a band-aid and a little polysporin ointment.
 - b.) Tender small thicker lesions may indicate a plantar wart. These are common warts that occur on the bottom of the foot. They appear as round thicker skin lesions, sometimes similar to a callous, with small pinpoint black dots on the surface. They can start out as small as a pencil eraser. These need to be addressed soon as they can become so painful, they can alter your stride. Dr. John Zic of Vanderbilt Dermatology gives these guidelines: "See a physician if you notice a possible wart larger than a pencil eraser or a cluster of several smaller warts. You should have any persistently painful foot lesion evaluated by either a dermatologist or a podiatrist."
 - c.) Callouses need not be treated immediately, however, they may indicate a persistent area of friction from your shoe that should be addressed.
 - d.) Corns are painful callouses that form over a bony prominence. There are several over the counter products to help flatten corns. You may need a specially fitted shoe to avoid future corns.
3. Determine the cause of your callouses/ blisters

Some callousing is normal especially in long distance runners BUT they usually indicate abnormal forces on a particular part of the foot. Potential causes of callouses and blisters include running in the wrong category of shoe, running in old shoes, and wearing shoes that are the wrong size.
4. Evaluate your socks

NO ONE should be running in cotton socks! You need a blend of high performance materials that will wick away moisture to prevent skin break-down.

5. *Evaluate your shoes*

a.) Look for abnormal wear patterns on the bottom of the shoe. If you quickly wear down the tread in one part of the shoe you may be in the wrong shoe, need custom orthotics or need to replace your shoes more often.

b.) Have you been fit by a shoe expert? At least once a year, visit a reputable running store who offers gait analysis to determine if your shoes are the best choice for you. Consider custom orthotics if you have difficulty finding a good fit or are suffering from chronic injuries.

For questions , please contact us:

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