



SPORTS & FOOT CARE

Aster
HOSPITAL

We'll Treat You Well



Digital Version



Whether you are a professional athlete or play sports just for fun, the demands made on your feet can lead to a range of injuries. Including blisters, sprained ankles, torn ligaments and other muscle or joint problems. Your running style, quality of footwear, and even minor limb length differences can contribute to injury.

The podiatry specialists strive to minimize injuries and maximize athletic performance. Most sports increase the load and burden on your feet causing people to use orthotics (moles) to improve control and cushioning of their feet. Prescribed Custom Foot Orthotics (PCFO's) will be recommended after conducting a gait analysis, which can help you prevent serious injuries.

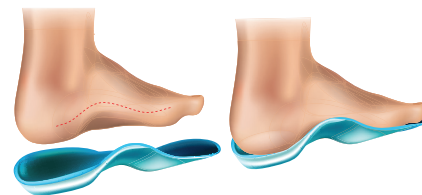
ATHLETIC ORTHOTICS:

Orthotics are designed to support align and improve the function of the feet some orthotics may be designed to improve skin and tissue viability or off-load painful pressure areas.

The use of Prescription Foot Orthotics (PCFO's) appropriate for patients demonstrating signs or symptoms related to pathomechanical etiologies.

Advantages of using orthotics:

- Help to increase cushioning and distribute pressure points
- Better alignment on the lower limb
- Enhance efficient performance while performing any sports activity
- Delay progression or development of deformities



TIPS FOR ATHLETIC FOOT CARE

- Sports shoes should protect as much as possible, be durable and should be right for the surface you are playing.
- Every time you shower, dry thoroughly between the toes
- Wear only good quality, well-fitting socks, preferably made with natural fibers to avoid excess sweating
- Condition yourself gradually with warm-ups and cool down periods and stretching exercises for a good 10-15 minutes.
- Always use the correct shoe for each sport and surface.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 📺 📷 📹 [asterhospital](https://www.instagram.com/asterhospital)

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