

Keep Your Kids' Feet & Ankles Safe This Summer

While your kids may love to go barefoot during the summer, doing so may expose their feet to numerous potential injuries that can ruin the rest of the season for them. Follow these tips to keep your kids on their feet all summer long.

1. Protect against puncture wounds.

What lies hidden in the grass, dirt or sand can wreak havoc on bare feet. Nails, shards of glass, discarded toothpicks, splinters of wood, pieces of seashell at the beach or thorns from trees and plants can puncture the skin of the foot and cause serious injury. Even after the object is completely removed from the foot, any dirt or bacteria pushed into the puncture wound can lead to an infection, painful scarring or even a cyst. Any puncture wounds should be treated promptly in our office within 24 hours.

2. Be cautious around bicycles and lawnmowers.

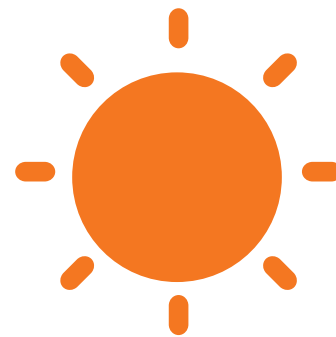
Besides the hidden dangers, "everyday kid injuries" can also interrupt a summer break. Protect your kids' feet and ankles from traumatic injuries caused by bicycles and lawnmowers by making sure they wear sturdy shoes while riding a bike or when cutting the grass.

3. Apply sunscreen to the tops and bottoms of their feet.

Feet, like shoulders, burn faster than the rest of the body since they are more perpendicular to the sun's harmful rays. Not only is sunburn of the feet painful, it can also cause skin cancers that often go unnoticed until they become serious.

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Contact our office for more sensible safety tips to keep your kids' feet and ankles safe this summer.

Get Your Feet Ready for Sandal Season

Seeing your feet exposed in sandals this summer may raise questions about what could be ailing your feet. Here are some common conditions to watch for and guidance on when to consult our office for proper treatment.

1. Bunion

If you have a bump on the side of your big toe, it could be a bunion. Bunions are often genetic; however, improper shoes, such as high heels or shoes with a tight toe box, can cause bunions to become painful or to progress. Treatment may only require monitoring your feet and making modest modifications to your footwear, or depending on the bunion's severity, surgery may be the best option.



This information was developed by



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