



**FOR IMMEDIATE RELEASE**

June 4, 2007

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**SPORTS FANS BEWARE: FOOT INJURIES BENCH PROS AND AMATEURS**

*American Podiatric Medical Association Hits Home Common, Summertime Sports Injuries & Solutions*

**Bethesda, Md.** – A foul ball fractures New York Mets outfielder Shawn Green’s right foot and a torn plantar fascia, the connective ligament between the heel and toes that supports the arch, grounds New York Yankees’ Jason Giambi. Whether you’re a pro or amateur, sports related foot injuries can throw a curve ball into any game. According to the American Podiatric Medical Association (APMA), the summer months can be a busy time of year for podiatric physicians, treating sports-related foot injuries from ankle sprains to shin splints.

“This is a great time of year to get out and play sports, says APMA President Dr. Christian Robertozzi. “However, without taking proper precautions—starting with footgear—there can be consequences to the feet.”

Summer sports, such as baseball, tennis, soccer and golf, can result in the following common foot injuries. The APMA offers these solutions:

- **Sprains and fractures** – Stretched or torn ligaments, known as sprains, can occur from running. Sprains may cause extensive swelling around the ankle just like a fracture. Fractures occur when a bone is cracked or broken.  
**Solution:** After a period of immobilization for a sprain or fracture, a podiatric physician can prescribe a rehabilitation regimen to restore strength to the injured area before returning to the sport. Fractures and sprains may require a cast.
- **Plantar Fasciitis** - Heel pain, commonly traced to an inflammation called plantar fasciitis, on the bottom of the foot can be linked to a myriad of sports.  
**Solution:** A podiatric physician can evaluate arch pain and may prescribe customized shoe inserts called orthotics to help alleviate the pain.
- **Shin Splints:** Shin splints usually stem from an inflammation of the muscle and tendon attached to the shin, caused by stress factors.

**Solution:** Treat shin pain with cold compresses immediately to reduce inflammation. Proper stretching and strengthening exercises can prevent these from occurring.

- **Achilles Tendinitis:** The stop-and-start of some sports can create pain and tightness in the calf and aggravation of the Achilles tendon.  
**Solution:** Regular stretching of the calf muscles gently and gradually before and after a game will help minimize the pain and stiffness as a preventative.

For more information about sports-related foot injuries, go to [apma.org/sports](http://apma.org/sports).

*Founded in 1912, the American Podiatric Medical Association represents the nation's premier foot and ankle physicians. The Association has component societies in 53 locations in the U.S. and its territories and a membership of more than 11,500 doctors of podiatric medicine. For free foot health information, contact APMA at 1-800-FOOTCARE (1-800-366-8227) or visit [www.apma.org](http://www.apma.org) on the Web.*

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