

Tips For Keeping Your Ankle and Foot Healthy

- **Choose Proper Footwear:** Wear shoes that provide proper support, fit well, and have cushioning. Avoid high heels for prolonged periods, and ensure your shoes match the activity you're engaging in.
- **Practice Good Foot Hygiene:** Wash your feet daily, dry them thoroughly (especially between the toes), and moisturize to prevent dry or cracked skin.
- **Trim Your Toenails Carefully:** Trim your toenails straight across to avoid ingrown toenails. If you have difficulty, consider professional pedicures.
- **Strengthen Ankle and Foot Muscles:** Include exercises to strengthen the muscles around your ankles and feet. Focus on calf raises, toe curls, and ankle circles.
- **Maintain Good Posture:** Stand and walk with proper posture to reduce strain on your feet and ankles. Avoid slouching or putting excessive pressure on one foot.
- **Avoid Prolonged Immobilization:** Avoid sitting or standing in the same position for long periods. If you have a sedentary job, take breaks to move and stretch your ankles and feet.
- **Warm-Up Before Exercise:** Prior to engaging in physical activities, warm up with light stretches and movements to prepare your ankles and feet for the activity.
- **Seek Professional Advice:** Consult with a podiatrist or healthcare professional for regular check-ups, especially if you have concerns about your foot or ankle health.