

# 4 Tips for Healthy Winter Feet



Don't let sore, achy feet ruin your winter season. The American College of Foot and Ankle Surgeons offers four tips for healthy winter feet.



## IF THE SHOE FITS, WEAR IT

When hitting the winter trails, shopping malls or ski slopes, don't compromise comfort and safety. Protect your feet from blisters, calluses and ankle injuries with the right shoes for the situation.

## BE PEDICURE SAFETY CONSCIOUS

Reduce your risk of bacterial infections, including MRSA, during your winter getaway pedicure by choosing a salon that follows proper sanitation practices and is licensed by the state.



## WATCH FOR ICE & SNOW

Winter wonderlands can be beautiful but also dangerous for ankles. Use caution when traveling outdoors and watch for ice or snow patches along your trail.



## LISTEN TO YOUR FEET

Don't let foot pain ruin your winter fun; inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters or calluses. If you have any issues, contact your foot and ankle surgeon.

For more health information and tips, visit [FootHealthFacts.org](http://FootHealthFacts.org)—the patient education website of the American College of Foot and Ankle Surgeons.



American College of  
Foot and Ankle Surgeons®

*Proven leaders. Lifelong learners. Changing lives.*