

# Weekend Warriors: Reducing Your Risks for Injury



**American College of  
Foot and Ankle Surgeons®**

# Exercise & Weekend Warriors

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- Recommended amount:
  - 150 minutes of exercise over a week
- Weekend warriors:
  - Squeeze in aerobic exercise on weekends only
  - At risk for injury



# Areas Affected by Sports Foot & Ankle Injuries

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- Heel or arch
- Ankle
- Achilles tendon
- Bones of foot
- Ball of foot



# Heel or Arch Pain

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- Often an overuse injury
- Often due to plantar fasciitis
- Can be caused by other conditions
- See a foot and ankle surgeon



# Strategies for Heel/Arch Pain

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- Wear appropriate shoes
- Stretch the Achilles tendon (heel cord)
- Start your activity slowly
- Foot and ankle surgeon can diagnose and treat



# Ankle Sprains

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- Not all ankle sprains are alike
- Some are more serious than others
- Some include an ankle fracture
- All need to be evaluated promptly



# Treatment for Ankle Injuries

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- Most don't require surgery
- Some need more aggressive treatment
- Rehabilitation of the ankle is critical



# Achilles Tendon Disorders

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- Achilles tendonitis
- Achilles tendonosis
- Achilles tendon tear/rupture





# Achilles Tendonitis & Achilles Tendonosis

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- Tendonitis
  - Inflammation of the tendon
  - Pain (aching, burning, stiffness, soreness, tenderness)
  - Often worse after sleep or rest
  - Improves with motion, but then gets worse
- Tendonosis
  - Degeneration of the tendon
  - Maybe pain
  - Swelling
  - Bump(s)



# Achilles Tendon Tear/Rupture

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- A tear that occurs when stretched beyond its capacity
  - Partial tear
  - Complete tear (rupture)
- Symptoms
  - Sudden pain (like a kick or stab)
  - Popping or snapping sensation
  - Difficult to walk upstairs and rise on toes



# Treatment of Achilles Disorders

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- Early treatment is essential
- Many can be treated nonsurgically
- Some require surgery



# Stress Fractures

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- Tiny, hairline break
- Most common in the metatarsal bones
- Symptoms
  - Pain and swelling
  - Sometimes swelling



# Treatment for a Stress Fracture

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- Begin treatment at home
  - RICE (Rest, Ice, Compression, Elevation)
- Visit a foot and ankle surgeon
  - A thorough evaluation is needed
  - May prescribe rest, walking boot or crutches



# Pain in Ball of Foot (Metatarsalgia)

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- Different potential causes
  - Inflammation
  - Nerve tissue thickening (neuroma)
  - Other causes
- Symptoms
  - Pain, tingling, burning or numbness
  - May feel like walking on a pebble
  - Sometimes starts gradually and comes and goes
- Proper diagnosis is essential



# Treatment for Metatarsalgia

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- Early treatment is critical
- Treatment is often nonsurgical
- Surgery is sometimes needed



# Two Primary Reasons for Injuries

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- Overuse
- Inadequate footwear





# Tips for Avoiding Overuse

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- Start gradually
- Increase activity slowly
- Warm up and stretch before exercise
- Let pain be your guide



# Tips for Wearing Adequate Footwear

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- The right shoe for the right sport
- Stiff soles and supportive
- Get new shoes
  - Stiffness breaks down
  - Irregular edges



# Advice for Weekend Warriors: Don't Ignore Symptoms ... and Practice Prevention Tips!

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Dr. Charles A. Sisovsky, DPM AACFAS  
Fellowship-Trained Foot & Ankle Surgeon  
American Health Network, OptumCare



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