

Heel Pain on Vacation: Don't Let It Crash Your Travel Party

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Going on vacation is an exciting time filled with new experiences and relaxation. However, if you're someone who suffers from heel pain, it's essential to be prepared and know what to do in case discomfort arises during your trip.

Heel pain can put a damper on your vacation, but with a few practical steps, you can manage the pain and continue enjoying your time away. Here are some valuable tips to help you navigate heel pain while on vacation.

Rest and Elevate: If you experience sudden or intense heel pain, it's crucial to rest and elevate your foot to alleviate pressure and reduce inflammation. Find a comfortable place to sit or lie down, prop your foot up on a pillow, and give yourself a break from strenuous activities.

Apply Ice: Applying ice to the affected heel can help reduce swelling and provide temporary relief from pain. Pack a small ice pack or use a plastic bag filled with ice cubes wrapped in a towel. Apply the ice pack to the painful area for about 15 minutes, several times a day. Remember to wrap the ice pack or towel in a thin cloth to prevent direct contact with your skin.

Supportive Footwear: Proper footwear plays a crucial role in managing heel pain, especially while on vacation. Ensure you have supportive shoes with cushioning and good arch support to alleviate pressure on your heels. Avoid wearing unsupportive flip-flops or high heels that can exacerbate the pain. If necessary, consider using shoe inserts or custom orthotics for added comfort and support.

Stretching and Strengthening Exercises: Performing simple stretching and strengthening exercises can help alleviate heel pain and prevent further discomfort. While on vacation, take a few minutes each day to stretch your calf muscles and the plantar fascia, the band of tissue that connects your heel to your toes. Additionally, performing gentle exercises like toe curls and ankle rotations can help strengthen the muscles supporting your feet.

Swimming has always been popular, and it will always be one of the public's favorite activities. It's so popular that many people are considering having either indoor or outdoor pools in their homes. But nothing is perfect, and swimming has its own set of problems, especially for your feet.

Hidden Dangers Lurking at the Pool

If you have never had foot discomfort after swimming, then you must count yourself as lucky. But that could change any day. Foot diseases contracted from pools can spread rapidly, leaving you very itchy and even in severe pain.

Pool Activities Can Lead to Foot Issues

Even though the pool water itself is chlorinated, the shared items and moisture that remain on our feet encourage microbes such as fungi to grow further and develop into diseases. Poor hygiene, therefore, makes you more vulnerable to foot issues. To avoid these issues, try sticking to the following measures:

- Don't go barefoot in locker rooms, saunas, showers, etc. Wear flip-flops while in public areas outside the pool.
- Make sure you always dry your feet thoroughly after swimming.
- Use anti-fungal spray or powder once you are done swimming.
- Keep an eye out for cuts and scrapes on your feet while at the pool.
- Do not share towels and flip-flops.

Have an Explosive Summer!

Midwest Podiatry Centers wish you and your family a happy and safe summer! Here are a few quick tips to keep your feet happy and healthy.

Choose Comfortable Shoes: Opt for footwear that offers proper support and cushioning to prevent discomfort during outdoor activities and gatherings.

Protect from the Heat: Shield your feet from hot surfaces like sand or pavement by wearing sandals or flip-flops to prevent burns and blisters.

Stay Hydrated: Keep yourself hydrated to reduce the risk of foot swelling and cramps. Drink plenty of water throughout the day.

Take Breaks: If you're on your feet for extended periods, take breaks to give your feet a rest. Elevate them and relax to reduce fatigue and swelling.

Remember, we're here to support your foot health. If you have any concerns or need professional advice, reach out to our experienced team. If you happen to have foot or ankle pain, don't let it ruin your summer, but contact our offices for help.