



The Foot Group has been a proud sponsor of Lane Cove Football Club since 2010 and we are excited to be continuing our relationship with sponsorship of the Development Squad.

We are looking forward to another action-packed season and wish all the players a successful and injury-free time on the field. A few tips from the foot professionals to help players be at their best at the start of the season:

- Ensure you have correct fitting football boots, preferably fitted by a sports shoe store.
- To reduce the risk of blisters, wear new shoes in slowly before the start of the season.
- Ideally football boots should not be 'handed down' from siblings as every child has different growth patterns.
- Correct warm up and cool down including stretching is important to prevent overuse injuries to the lower legs. When muscles are properly warmed up the strain on muscles, tendons and joints is reduced.
- A common condition we see in soccer players is heel pain. Sometimes known as Sever's Disease, it is a condition caused by repetitive trauma to the back part of the heel bone brought on by the pull of the Achilles tendon on its attachment point onto the heel bone. Prompt assessment and treatment by one of podiatrists will identify the cause and result in correct treatment for such pain.
- In children, when they are growing fast and very active, there can be overuse of the still-developing bones and tendons in the heel. It is more common at the start of the season, and more likely to occur in children who over-pronate (that is have feet that 'roll in' flattening the arch). The good news is that kids will grow out of this condition when their bones and tendons finish growing. In the meantime, our podiatrists can show you how to strap the feet to increase foot efficiency and minimise overload. In some cases, an orthotic device may be recommended.
- It's a good idea to visit a podiatrist prior to the season start to have any pre-existing injuries assessed and treated.

Located in Lane Cove and Brookvale, the podiatrists at The Foot Group are focused on the care of the foot and ankle, as well as the relationship between the function of the foot and lower limb and the postural alignment of the rest of the body. At The Foot Group, we are experts in diagnosing and treating an extensive range of foot, lower limb and postural problems using the latest technology. We provide comprehensive, up-to-date advice on foot pain, heel pain, knee pain, tendinopathy, plantar fasciitis and other lower limb problems.

For further information please visit our website <https://www.thefootgroup.com.au/> or call us on (02) 9428 3000.