



Ten Tips for Fitter Feet

- 1: Regular washing and soaking of the feet is important after training or matches. Washing to remove sweat then soaking for 5 minutes in warm water with a handful of Epsom Salts in is very refreshing for burning feet.
- 2: Drying of the feet correctly is very important to prevent various fungal infections. Athletes' foot sometimes affects Netball Umpires due to the amount of heat and moisture around the toes for so long. Changing socks at half time, if needed, and washing socks (using fabric conditioner to prevent hardening of the socks) regularly is strongly advised.
- 3: Try rubbing a little surgical spirit on the soles of your feet each morning of the days you will be training or have a match. This will help toughen the skin.
- 4: Prior to training or matches, cover the soles of your feet with vaseline.
- 5: Over time hard skin may build up on your feet. This is often the result of your skin building up protection against the forces it experiences. However, if the skin has ridges or roughening within it, then use a special footfile to smooth it down before it produces painful deep blisters.
- 6: Keep your toenails trimmed, but cut them straight to avoid ingrowing toenails.
- 7: Prior to training or a match, pad the balls of your feet with 'Melolin', a highly absorbent cushioned dressing pad. Place the shiny surface facing the skin so that it absorbs any sweat and prevents friction on the foot which causes blisters. The pad should be held onto the foot with zinc oxide tape or an adhesive dressing retention sheet called 'Hypafix'.
- 8: Always wear specific court trainers for Netball that fit correctly and are in good condition. Do not wear the same trainers every day.
- 9: Choose footwear made of natural materials to allow your feet to breathe. Air your trainers before and after exercise to prevent a build up of bacteria.
- 10: Do not walk barefoot in changing rooms