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BAYSHORE

Podiatry Center

813-877-6636 • www.bayshorepodiatry.com

## Let's Play Ball

As baseball season swings into action, we want to make sure you're stepping up to the plate with healthy feet! At Bayshore Podiatry Center, we understand the importance of keeping your feet in top shape for the game. In this edition, we're bringing you tips and insights tailored to the demands of baseball season.

### 1. The Perfect Fit: Choosing the Right Cleats

A crucial aspect of baseball foot health is having the right footwear. Our podiatrists recommend:

- **Proper Cleat Fit:** Ensure your cleats provide ample support without being too tight or too loose.
- **Ankle Support:** Opt for cleats that offer stability and protection for your ankles. We love these ***High-Top Cleats*** for added ankle support!
- **Replace Worn-Out Cleats:** On average, baseball cleats should be replaced once a year. If your cleats show signs of wear, it's time to invest in a new pair to prevent foot discomfort and potential injuries related to worn-out shoes.

### 2. Avoiding Common Baseball Foot Issues

Baseball can pose specific challenges to your feet. Stay ahead of the game by taking precautions against common issues:

- **Ingrown Toenails:** Keep toenails trimmed straight across to reduce the risk of ingrown toenails. Tight-fitting cleats can increase the risk of ingrown toenails when the nails are improperly manicured!
- **Achilles Tendon Strain:** Warm up adequately and incorporate calf stretches to prevent strain on the Achilles tendon. Incorporate mobility exercises into your daily routine.
- **Turf Toe:** Pay attention to toe strength exercises to prevent this common baseball injury.

### 3. Game-Day Special: 20% Custom Orthotics for Baseball Cleats

*In honor of baseball season, we're offering a discount on custom orthotics for baseball cleats! Schedule your appointment now to ensure your feet are ready to hit it out of the park. Offer valid until June 1<sup>st</sup>, 2024. Mention this newsletter and bring your cleats to your appointment to receive the discount. Limit one per patient. Offer not valid through insurance.*

Remember, your feet are your foundation on the field, and we're here to help you maintain peak performance throughout the baseball season. If you have any questions or concerns, don't hesitate to reach out to our dedicated team.

Play ball and stay foot-healthy!

Cheers,  
The Team at Bayshore Podiatry Center

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