

# Weekend Warrior Warning

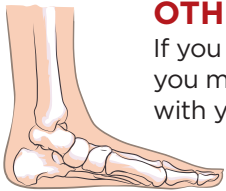
Being physically active has long been applauded as an ingredient for good health, but, according to surgeons at the American College of Foot and Ankle Surgeons, doing too much too soon or being a “Weekend Warrior” can wreak havoc on the feet and can cause painful overuse injuries.

Be on “defense mode” and protect your feet and ankles from injury by following these tips.



## SLOW AND STEADY WINS THE RACE

Let your body adjust to increased activity. If you haven't worked out or played sports in a while, slowly increase your level of activity rather than doing it aggressively to help strengthen your muscles and joints to prevent injuries. Use the 10 percent rule — increase your activity by only 10 percent each week.



## OTHER FOOT & ANKLE CONDITIONS?

If you have anatomical issues, such as flatfeet or hammertoes, you may be more prone to overuse injuries. Make an appointment with your foot and ankle surgeon before starting any rigorous activity to find out ways to help fix these issues to prevent future injuries.

## LISTEN TO YOUR BODY

All pain is not gain! If you feel discomfort that differs from how you normally feel after a workout, listen to your body and slow down and rest to allow time for your body to adjust and restore itself.



Remember, if you do experience an injury while exercising or playing a sport, stop the activity, apply the RICE protocol (Rest, Ice, Compression, Elevation) and seek the care of a foot and ankle surgeon for proper treatment.



For more foot and ankle health information, visit [FootHealthFacts.org](http://FootHealthFacts.org), the patient education website of the American College of Foot and Ankle Surgeons.



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