

SOCCER INJURIES

common injuries of the foot & lower limb

Soccer places significant pressure on the foot and ankle due to consistent running, short bursts of speed, rapid side-to-side movements, and frequent sliding and tackling.

Playing the beautiful game is simply tough on the feet, and lower limb injuries can occur due to acute trauma or repetitive stress.

This brochure details some of the most common foot and ankle conditions seen in soccer players.



SKIN & TOENAIL CONDITIONS

Blisters

Develop with friction, often due to ill-fitting footwear. It's best if you don't pop blisters. Instead, cover them with a (hypoallergenic) sticky plaster and change your footwear.

Please seek medical attention if you are concerned or if the blister becomes increasingly red or sore.

Corns and/or Callus

Develop due to pressure. Corns and callus are thick, hardened layers of skin that develop when the skin tries to protect itself against friction or pressure. This could be caused by footwear or your foot biomechanics.

Please do not use "corn cures" or self-treat at home. Seek podiatry assessment, and your podiatrist will advise the best way to off-load pressure from the area.

Toenails

A range of toenail injuries can occur due to blunt trauma (i.e. someone stepping on your foot) or repetitive micro-trauma (i.e. kicking the ball).

In these cases, ensure that your football boot fits well (a thumbs width from the longest toe to the end of the shoe) and seek podiatry care for your toenail injury.

The material in this brochure is for general information purposes only.
Please consult your podiatrist for specific individual advice.

MUSCULOSKELETAL INJURIES

Achilles Pain

Achilles tendinopathy occurs when the large tendon that runs down the back of the lower leg becomes irritated and inflamed.

Common symptoms include pain and stiffness along the Achilles tendon in the morning and pain along the tendon or back of the heel that worsens with activity. You might also experience severe pain the day after exercising.

Ankle Sprain

Occurs when the ankle rolls or twists in an awkward way. This action can injure the ligaments that support the ankle joint.

Treatment for the first 24-48 hours consists of RICE (rest, ice compression, & elevation) and avoiding HARM (heat, alcohol, running, and massage). Seek immediate medical attention if you can not gently weight-bear on your ankle or if your pain levels have not started to improve after a day or so.

Plantar Heel Pain

Plantar heel pain - also known as plantar fasciitis - is an inflammation of a thick band of tissue, called the plantar fascia, that connects the heel bone to the toes.

Symptoms of this condition includes pain under the heel that is usually worse first thing in the morning or when standing after sitting.

Shin Splints

Medial tibial stress syndrome causes pain along the shinbone when the muscles, tendons and bone tissue become overworked.

Turf Toe

Is a soft tissue injury of the hallux (big toe), usually caused by bending the toe too far (hyperextension). These injuries can vary in severity — from simply stretching the soft tissue to partial tearing or total joint dislocation.

We recommend seeing a podiatrist if you are suffering with one of these conditions to assess the severity of your injury and implement a management plan.

HEEL PAIN IN CHILDREN

Children, mainly between the ages of 8-to-13, are prone to developing a condition called "Calcaneal Apophysitis."

Calcaneal Apophysitis is an inflammatory condition that affects the calcaneus (heel bone) and causes severe heel pain in children.

Soccer boots often exacerbate this condition (please refer to our footy boot guide for further information).

Consult your podiatrist if your child is experiencing heel pain, as they will help to manage this painful condition.

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