



Premier Podiatry & Orthopedics

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The Perfect Fit - Tips for Selecting Kids' Back-to-School Shoes

As the summer days wind down and back-to-school season approaches, it's time to start preparing your kids for the new academic year. One essential aspect of this preparation is getting them the right shoes to support their active and growing feet throughout the school day. Here are some helpful tips to keep in mind when buying new shoes for your kids:

Measure Their Feet: Have your child stand on a piece of paper and trace the outline of their foot. Measure the length from the heel to the longest toe and the width at the widest part of the foot to use as a guide when selecting the right shoe size.

Allow Room for Growth: Kids' feet can grow up to half a size every three to four months, so leave some wiggle room in new shoes. Aim for about a thumb's width between the longest toe and the front of the shoe.

Look for Quality Materials: Look for shoes made from quality materials that can withstand the wear and tear of daily activities. Leather and mesh are excellent choices for breathability and durability.

Check for Arch Support: Supportive shoes with proper arch support are crucial for growing feet. The arch support helps maintain the foot's natural alignment and reduces the risk of foot fatigue and discomfort.

Pay Attention to the Heel: The back of the shoe should have a firm heel counter to provide stability and support for the heel. Avoid shoes with soft or collapsible heel counters, as they may not offer sufficient support.

Avoid Hand-Me-Downs: It's essential to provide each child with properly fitted shoes. Feet vary in size and shape, and shoes that have already conformed to one child's foot may not provide the right support for another.

Shop in the Afternoon: Feet tend to swell throughout the day, so it's best to shop for shoes in the late afternoon or early evening. This way, you can ensure that the shoes fit comfortably even when their feet are at their largest.

Involve Your Kids: Bring your kids along when shopping for shoes and let them try on different pairs. Their comfort and opinion matter, as they will be the ones wearing the shoes daily.

Inspect the Fit: Before making the final purchase, have your child try on both shoes and walk around in them. The right shoes should feel comfortable from the start, without the need for a "break-in" period.

Help Your Kid Start the School Year on the Right Foot

Getting the right shoes for back-to-school is crucial for your child's foot health and overall comfort throughout the school day. By following our tips for shoe shopping, you can ensure your child starts the school year on the right foot – literally! Remember, well-fitted shoes not only promote healthy foot development but also boost your child's confidence as they embark on new adventures at school. Happy shoe shopping!

Orthopedics: Protecting Your Kids' Shoulders in Fall Sports

As the fall season approaches, it's time to get excited about the fantastic array of sports opportunities that await our young athletes. From the thrill of football and softball to the finesse of soccer, tennis, and volleyball, fall sports bring joy, camaraderie, and valuable life lessons.

But as parents, we also want to ensure our kids stay safe and injury-free on the field. One crucial area to focus on is their shoulders – a vital joint involved in various athletic movements. We've put together some top-notch tips to protect those shoulders and keep your young athletes soaring high!

Tips for Protecting Shoulders in Fall Sports

Football

- **Proper Tackling Technique:** Ensure your football player learns and practices proper tackling form to reduce shoulder impact and injury risk.
- **Strength and Conditioning:** Incorporate shoulder-strengthening exercises into their training regimen to support the joint during intense gameplay.

Softball

- **Pitching Form:** If your child is a pitcher, emphasize proper pitching mechanics to avoid excessive strain on the shoulders.
- **Rotator Cuff Exercises:** Strengthening the rotator cuff muscles can provide stability and help prevent overuse injuries.

Soccer

- **Warm-Up Routine:** Prioritize a dynamic warm-up before practices and games to prepare the shoulder muscles for the demands of soccer.
- **Avoid Overhead Throws:** Discourage overhead throwing during throw-ins to minimize stress on the shoulders.

Contact Us for Shoulder Pain Help

Shoulder pain in young athletes should never be ignored. If your child experiences discomfort or injury while participating in fall sports, our team at Premier Podiatry & Orthopedics is here to help. Our experienced orthopedic specialists can provide expert evaluation, personalized treatment, and guidance to ensure a safe and successful sports season for your young athletes.

Let's make this fall sports season an extraordinary one – filled with joy, growth, and healthy shoulders! Together, we'll keep our young athletes thriving on and off the field.

Wishing your children a fantastic and injury-free fall sports adventure!

Finish Summer Strong: Embrace the Last Moments of Fun!

As the summer days begin to wind down, it's time to make the most of the precious moments before the kids head back to school.

Remember, it's the simple moments that make summer unforgettable. Embrace these last days with joy and excitement, cherishing the time spent together as a family. Let's finish out the summer strong, making the most of every sun-kissed day before the kids embark on their new school adventures!