



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

ATHLETE'S FOOT

Athlete's foot is a fungus infection in the foot. It is very common in teenage or adult males. It may affect one or both feet.

FACTORS THAT CONTRIBUTE TO INJURY

Athlete's foot fungi likes to grow in moist, damp places. Sweaty feet, tight shoes or socks, warm weather, or not drying feet properly after staying in soccer shoes for extended periods of time may contribute to the development of athlete's foot. Athlete's foot does not occur from going barefoot. The lack of ventilation allows the fungus to grow.



SIGNS AND SYMPTOMS

- Cracking, peeling and scaling of skin between toes
- Redness, scaling and even blisters on the soles of the feet
- Itching

TREATMENT

Athlete's foot is easy to treat, but is sometimes resistant to treatment

- Use anti-fungal cream or spray as prescribed (Tinactin)
- Wash and dry feet...especially between toes
- Avoid tight footwear and change socks often (change during all day tournament)
- Go barefoot at home



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

5848 S. 300 E. Murray, Utah 84107 • www.playingmybest.com