



Taking Steps Towards Healthy Feet and Ankles:

A Guide to Sports Medicine by Dr Zoe Ramos

Whether you're sprinting down the track or shooting hoops on the court, your feet and ankles are your foundation. They endure a lot during sports, which is why taking care of them is essential. That's where sports medicine comes in.

Understanding Foot and Ankle Conditions

Foot and ankle conditions are common among athletes, but they can affect anyone. One common issue is sprained ankles, which happen when the ligaments in your ankle stretch or tear. This can occur when you land awkwardly or twist your ankle during sports. Another common problem is plantar fasciitis, which causes pain in the bottom of your foot. It happens when the tissue connecting your heel bone to your toes becomes inflamed, often due to overuse or wearing improper footwear. Let's not forget kids in sports, many of them suffering from inflammation of the heel bone from the amount of activity that they are involved with.

Why Sports Medicine Matters

Sports medicine focuses on preventing, treating, and rehabilitating injuries related to sports and exercise. At Forward Foot & Ankle Center, we understand the unique needs of athletes and offer specialized care to help you stay in the game. Whether you're dealing with a nagging injury or looking to improve your performance, it is important to get the proper care on time and focus on gaining strength on your feet and ankles.

Prevention is Key

The best way to avoid foot and ankle injuries is through prevention. We can help by providing personalized advice on proper footwear, training techniques, and exercises to strengthen your feet and ankles. We also offer custom orthotics to support your feet and reduce the risk of injury. By taking proactive steps to protect your feet and ankles, you can stay on the field or court longer and perform at your best.

Sometimes injuries happen despite our best efforts to prevent them. If you do find yourself sidelined with a foot or ankle injury, Forward Foot & Ankle Center is here to help. Our team will assess your condition and create a personalized treatment plan to get you back on your feet as quickly and safely as possible.

Moving Forward with Confidence

Our goal is to help you move forward with confidence, both on and off the field. We understand the impact that foot and ankle injuries can have on your life, which is why we're dedicated to providing compassionate care and effective solutions. Whether you're a professional athlete or a weekend warrior, you can trust Forward Foot & Ankle Center to help you stay active and healthy for years to come. Taking care of your feet and ankles is essential for staying active and enjoying your favorite sports. So lace up those shoes, hit the field, and take the first step towards a healthier, happier you!

FORWARD FOOT & ANKLE CENTER

Are foot or ankle issues slowing you down?

With over 25 years of experience, Dr. Zoe Ramos is here to bring personalized care to the East Bay area.

Why Choose Us?

Expertise in diverse populations

Personalized treatment plans

Focus on prevention and long-term wellness

Active Lifestyle Advocate: Dr. Ramos, a dedicated runner and fitness enthusiast, understands the importance of keeping you on your feet. She's not just your podiatrist; she's your partner in whole-body wellness.

Our Approach: Beyond treating current issues, our goal is to coach you on preventing recurrences and future problems. We're committed to your overall health and mobility.

Take the First Step!

Call: 925-532-0099 | www.forwardfeet.com



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