



Foot Health Facts

 | Healthy Feet for an Active Life

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Sports Injuries to the Foot and Ankle

Depending on the sport, your feet and ankles can certainly take a beating from repetitive play. For more information on the injury risk factors while playing your favorite sport, see the topics listed below or read the article, [Foot Health Facts for Athletes](#).


- Baseball
- Basketball
- Field Hockey
- Football Injuries
- Golf Injuries
- Lacrosse
- Rugby
- Running
- Soccer
- Softball
- Tennis
- Volleyball

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