

# AS SEEN IN fitness



routine using the 10 percent rule: Increase your mileage by no more than 10 percent a week to give your body time to handle the increasing physical demands and reduce your risk for injury. Also, play the field rather than getting obsessed with one sport. "Cross-training is beneficial because each activity relies on different bones and tendons in your feet, which helps ward off overuse injuries," says Jonathan Rose, a podiatrist in Baltimore and a coauthor of *The Foot Book: A Complete Guide to Healthy Feet*. Finally, check your nutrient intake. If you're falling short on calcium and/or vitamin D (aim for 1,000 milligrams a day of each, from food or supplements), you may be increasing your chance of sustaining fractures.

**CURE IT** See your doctor stat, before the problem gets more severe. If he concludes that you have a stress fracture, he will most likely recommend ice, compression with a bandage or possibly wearing a removable cast

to do too much too soon. You're also at a higher risk if you have low arches, because of the tension and strain placed on the fascia with each step, which can lead to inflammation and microtears over time.

**PREVENT IT** Use insoles that cradle your arches. Try brands such as Orthaheel ([orthaheelusa.com](http://orthaheelusa.com)), Powerstep ([powersteps.com](http://powersteps.com)) and Superfeet ([superfeet.com](http://superfeet.com)), all of which have products that fit in many types of shoes.

**CURE IT** If a combination of rest, ice and OTC anti-inflammatory medications don't help ease the soreness, make an appointment with a podiatrist. "For patients with heel pain that's above a six on a one-to-10 scale, I often administer a cortisone injection," Rose says. "The shot delivers medication directly into the injury and immediately reduces swelling." Some doctors believe that the minor trauma of the needle may be what kicks the body's natural healing response into high gear. ■

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*Fitness Magazine* recommends Orthaheel orthotic inserts to help prevent injury for both new and seasoned runners.

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