

# A DANCER'S FEET

## FOOT CARE FOR DANCERS

### Part 2.

1. Common issues for dancers
2. Preventing and managing – defective padding

## COMMON ISSUES FOR DANCERS & HOW TO ADDRESS THEM

What are your most common issues?

What do you treat most often regarding issues dancers face with pointe shoes?

## COMMON ISSUES

- Blisters
  - superficial and deep
- Corns
  - with and without blood spots
- Callus
  - with and without blood spots
  - can lead to deep blisters and friction issues
- Ingrown nails
- Warts
- Blackened nails
- Trauma to nails

See your Podiatrist to Prevent and treat these issues!



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## FOOT CARE FOR DANCERS

### DEFLECTIVE PADDING



- Custom offloading and padding device – see a Podiatrist for this
- Taping toes using Fixomull – see a Podiatrist for advice on taping toes
- Silicone / Gel toe caps “Ouch Pouch”
- Silicone / Gel toe socks
- Silicone / Gel toe spacers
- Lambswool
- 2<sup>nd</sup> skin silicone squares