

## Fit Feet – podiatry



### Description:

Special Olympics Fit Feet provides participating athletes with assessments of their ankles, feet and lower extremity biomechanics, as well as proper footwear and sock equipment. Fit Feet helps Special Olympics athletes perform better on the playing field and in daily life. Many athletes suffer from foot and ankle pain or deformities that impair their performance.

### Chosen outcomes:

Special Olympics studies in Germany 2009 - 2020 (N=5.286)

**77%** showed nail and skin lesions on the feet.

Special Olympics National Games Berlin 2022 (N=485)

**62%** wore shoes in the wrong shoe size.

**79%** showed gait abnormalities.

### Volunteer at Fit Feet:

#### Medical background:

- Podiatrists
- Orthopedic shoemakers
- Occupational therapists
- Students and trainees of the above mentioned professions

#### Task description:

- Footwear assessment (footwear and textiles).
- Biomechanical examination of the foot/ gait analysis
- Examination of joint mobility
- Skin examinations