Fit Feet Clinical Director

Special Olympics Health
MADE POSSIBLE BY Golisano FOUNDATION

Fit Feet offers podiatric screenings to evaluate ankles, feet, lower extemity biomechanics, and proper shoe and sock gear to athletes. Many athletes suffer from foot and ankle pain, or deformities that impair their performance. In fact, **up to 50 percent of Special Olympics athletes experience one or more preventable or treatable foot conditions that can affect their sports participation.** Often, these individuals are not wearing the most appropriate shoes and socks for their particular sport.

Purpose & Goals

The mission of Special Olympics Fit Feet is to improve the quality of life and long-term health of Special Olympics athletes and people with intellectual disabilties. Fit Feet screenings give athletes, coaches, and caregivers a better understanding of any existing and previously unknown foot problems. They also:

- Offer free podiatric screenings to evaluate ankles, feet, lower extremety biomechanics, and proper shoes for Special Olympics athletes.
- Increase access to foot care for Special Olympics athletes, as well as all people with intellectual disabilties.
- Raise podiatrists awareness of foot concerns of people with disabilities, including difficlulties involved in accessing treatment.

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Importance & Impact

Fit Feet screenings have found that a large percentage of Special Olympics athletes in the U.S. have foot and ankle health concerns including:

- **22%** show signs of bone abnormalities
- **29%** show signs of a skin or nail condition
- **58%** are wearing the wrong size shoe