

Ankle Ergo 3: Ankle Injury Risk Factors

Posted in: Ankle Series (1-4)

- Our boots are an often overlooked piece of safety gear. When is the last time you made sure your boots are providing a strong foundation to work from? Take a minute and complete our better boot check-up:
- Do you have ankle or foot pain? Could it be from your boots?
- Do your legs feel heavy and tired? Do they feel like they have been working overtime?
- Have you looked at the inside of your boots? Is any of the material breaking down?
- Does your boot still grip your heel and provide support or do you find your foot sliding around in your boot?
- Is your insole still intact? Does it still provide cushioning?
- Have you replaced your insoles in the last 3-4 months?
- Have you considered in-shoe orthotics or aftermarket insoles to increase cushioning and ankle support?

- **VERY IMPORTANT:** Boots can look perfect on the outside but can have crumbled on the inside. Your soles and insoles can also look fine but may have lost their shock absorption capabilities (much like running shoes).
- Is the heel of your boot flat or is it uneven and worn?
- Is part of the tread worn flat or missing? You could be setting yourself up for a slip, trip or fall.

- **VERY IMPORTANT:** Don't wait for the outside of your boots to fall apart before getting a new pair. Generally, if you are on your feet for 8-12 hours per day, boots will only last 8-12 months.
- If you are thinking of buying new boots, buy your boots at the end of a shift – our feet swell over the workday.
- As well, don't focus on the cost. Focus on the quality of the boot construction. Spending more money to get a much superior boot is simply a smart investment in your back, hips, knees, ankles and feet.
- Always remember, when your feet hurt, you hurt all over.



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