

# Special Olympics Fit Feet



Fit Feet offers podiatric screenings to evaluate ankles, feet, lower extremity 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.

## Criteria for Clinical Directors:

Individuals interested in acting as a Clinical Director for Fit Feet events should have the following qualifications and skills:

- Be a DPM (doctor of podiatric medicine) or have similar training
- Ability to work with local program to determine event opportunities and evaluate programming
- Recruit and train volunteer health professionals
- Obtain equipment, supplies, and athlete giveaways
- Set up and supervise Healthy Athletes venue
- Collect and report data

## Purpose of the Exam and 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 disabilities. 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 extremity biomechanics, and proper shoes for Special Olympics athletes
- Increase access to foot care for Special Olympics athletes, as well as all people with intellectual disabilities
- Raise podiatrists awareness of foot concerns of people with disabilities, including difficulties involved in accessing treatment

## Importance and Impact:

Fit Feet examinations indicate a large percentage of Special Olympics athletes have untreated foot conditions.

Out of Special Olympics New Jersey athletes screened:

- **57.6%** have gait abnormalities
- **56.1%** have skin/nail conditions
- **26.4%** have bone deformation

## Contact:

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