

805-484-1333



Before Your Next Hike, Check These Essentials

Podiatry care for your active life

Same-week appointments available at Westlake Village



Prepare Your Feet Before You Hit the Trail

A comfortable hike starts with properly fitted footwear, supportive socks, and shoes suited to the terrain. Check for worn soles, poor traction, or pressure around the toes before setting out.

Toenails should also have enough room inside the shoe, especially during downhill sections where the toes may repeatedly press against the front.

[Schedule An Appointment](#)

Trail Checklist For Healthier Steps



PROPER HIKING FOOTWEAR



BLISTER PREVENTION



ANKLE STABILITY/ SUPPORT



KEEP TOENAILS NEATLY TRIMMED



TAKE NOTE OF POST-HIKE PAIN



Early care today. More miles tomorrow.

Pay Attention to Blisters and Ankle Stability

Uneven terrain, long descents, and poorly fitting footwear can put extra stress on your feet and ankles. Blisters, hot spots, or an ankle that feels unsteady can alter the way you walk and make navigating the trail more difficult.

If you frequently develop blisters or have a history of ankle sprains or instability, a podiatric evaluation can help determine whether footwear, foot mechanics, or a previous injury may be contributing.

Don't Ignore Pain After the Hike

A challenging hike can leave your feet tired, but pain that lingers well after you leave the trail is worth paying attention to. Recurring heel or arch pain, swelling, tenderness, toe or toenail discomfort, or ankle pain that continues into the next day may signal more than ordinary post-hike fatigue.

If the same symptoms return after multiple hikes or begin affecting everyday activities, an evaluation can help identify the cause and determine the appropriate treatment for keeping you active.

[**Schedule An Evaluation**](#)

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