

Linksters: Keep Your Eye on the Ball... Of Your Foot

Before hitting the golf course, make sure your spiked golf shoes are ready for another season of birdies, pars... and bogeys. Preventing sesamoiditis (an all too common pain in the ball of the foot often experienced by golfers) can be as simple as modifying the spike patterns on the sole of your footwear.

No golf shoe should have a spike located directly beneath the ball of the foot. The pressure from that single spike, magnified by the 15,000 steps you'll take during an average round of golf, can cause intense pain and swelling around the sesamoid bones, an area commonly referred to as the ball of your foot." Sesamoiditis can become severe if left untreated. In fact it is not uncommon to develop a small fracture (break) in the bone can develop as a result of excessive stress. Don't ignore your pain.

Before buying a set of spikes, make sure they DON'T have a spike directly under the ball of the foot. Your current pair of golf shoes can be rendered "foot friendly" by removing the offending spikes without a loss of traction. If you do develop a sharp pain directly under the big toe joint see your foot and ankle specialist for evaluation. Don't worry; we're flexible to schedule a time to see you so you don't miss your tee time.