



Purpose and Goals:

The goal of Special Olympics Fit Feet is to **improve the foot health** of Special Olympics athletes and people with IDD to maximize participation in sport and everyday life. This is achieved by:

- Providing athletes, coaches and/or other caregivers a better understanding of foot concerns and proper foot care.
- Increasing access to foot care by:
 - Raising awareness of common foot concerns for people with IDD.
 - Providing training to healthcare providers on how to work with people with IDD.
 - Connecting athletes, coaches, families, and caregivers to local community foot care providers equipped to work with people with IDD.

Contact:

fitfeet@specialolympics.org

Overview

Special Olympics Fit Feet (podiatry) **checks athlete ankle and foot health and assesses footwear fit and condition** for Special Olympics athletes and people with intellectual and developmental disabilities (IDD).

Through Fit Feet screenings, volunteer foot care specialists and students screen athletes to identify any concerns, provide education on proper foot care and health, and make recommendations for community-based follow-up care.

Facts and 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:

29% show signs of a skin or nail condition.

22% show signs of bone abnormalities.

58% are wearing the wrong size shoe.