



Fit Feet is a free screening that checks the **feet, shoes/socks, and walking patterns** of Special Olympics Athletes and people with Intellectual Disability (ID). Many athletes and people with ID wear the wrong size shoe, and/or experience pain in their feet everyday, impacting their ability to fully participate in daily activities including sports.

During these screenings, volunteers work with athletes to identify foot concerns, and provide athletes with education to maximize participation in their sport and everyday life.

### **Importance and Impact**

Fit Feet screenings have found that a large percentage of Special Olympics athletes in the US have concerns surrounding their feet including:

- **60 %** have an atypical walking patterns
- **48 %** show abnormal skin/nail
- **30 %** have signs of changes in their bones
- **67 %** are wearing the wrong size shoe



### **Purpose and Goals:**

The goal of Special Olympics Fit Feet is to **improve the foot health** of Special Olympics athletes and people with ID. This is achieved through:

- Providing athletes, coaches and/or other caregivers a better understanding of foot concerns and proper foot care
- Increasing access to foot care by:
  - Raising doctor awareness of common foot concerns for people with ID
  - Providing training on how to work with people with ID, to foot care doctors
  - Connecting athletes, coaches, families, and caregivers to local community foot care doctors who are willing to work with people with ID

**Contact:**

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