As the weather begins to warm up and outdoor activities increase— so do foot and ankle injuries.

Baylor Scott & White podiatrist Dr. Andrew Bruyn says the most common springtime injuries are usually connected to heel pain— and he cautions people coming out of the winter months to take it slow and warm up before pushing yourself during outdoor activities.

“We see a lot of tendinitis in the foot and ankle, and we can also see things like stress fractures, especially in the springtime, if people have developed a vitamin D deficiency or if they put on a little extra weight from the winter months.”

Another tip to prevent injury— good footwear. Dr Bruyn says grab those sneakers you wear to the gym and perform a quick test— how