

Reasons Plantar Warts Love Active Feet

1. What Makes a Plantar Wart Different From Other Warts

Plantar warts form on the soles of the feet from an HPV infection, but body weight pushes them inward instead of outward, creating a painful, pebble-like sensation with each step.



2. Why Shared Athletic Spaces Put You at Higher Risk

HPV thrives in warm, damp environments like locker rooms, showers, and pool decks, and athletes who walk barefoot through these spaces are more likely to pick it up.



3. How Athletic Activity Makes Your Feet More Vulnerable

Heavy sweating during workouts can soften the skin on the soles, reducing its effectiveness as a protective barrier. Constant friction from cleats, running shoes, or court shoes can create tiny abrasions and small cracks that may not be noticeable but still give the virus a way in.



4. How Plantar Warts Affect Training and Performance

High-impact movements, such as sprinting, jumping, cutting, and lateral pivoting, all drive additional pressure through the sole and directly into the wart, causing sharp pain that can alter stride and lead to added stress on the ankle, knee, or hip.



5. What to Do Before Your Next Practice

Preventing plantar warts really comes down to a few simple habits. Wearing sandals in shared spaces, drying feet thoroughly, avoiding shared towels or shoes, checking feet regularly, and replacing worn-out shoes can all help prevent plantar warts.



6. Keep Your Feet in the Game

Catching a plantar wart early is far easier than treating one that has been ignored for a season. A podiatrist can help confirm whether what you are dealing with is actually a plantar wart and then recommend the most appropriate treatment based on the size and location.

