

Sandal Scandal!

Avoid a beach blunder this summer by addressing your footwear woes:



Wedges & Espadrilles

PROBLEM: ankle twist or sprain; instability and difficulty walking

SOLUTION: try a wider, flatter wedge; look for a rubber sole with good traction



Peep-toe Sandals

PROBLEM: increased pressure on toes; bunions and hammertoes

SOLUTION: wear only for short periods of time; use an APMA-accepted insert



Flats & Slides

PROBLEM: arch and heel pain; inadequate cushioning and foot support

SOLUTION: avoid prolonged wear; try cushioned inserts for shock absorption; select a sole that doesn't twist excessively



Platforms & High Heels

PROBLEM: pain in the ball of the foot and ankle injuries

SOLUTION: wear lower, more stable heels (less than two inches); use an APMA-accepted insert



Gladiator & Strappy Sandals

PROBLEM: irritation between toes; callus and dead skin build-up around the heels; lack of support and shock absorption

SOLUTION: select natural materials such as soft, supple leather; ensure proper fit with no toes or heels hanging off the edge

Remember, foot pain is never normal!

If you're experiencing persistent pain, visit today's podiatrist. Podiatrists are uniquely qualified to diagnose and treat conditions of the foot and ankle.

Visit www.APMA.org to learn more and find a podiatrist near you.

