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.