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 a 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.