

TIP OF THE MONTH

MATCH YOUR ACTIVITY WITH THE PROPER SHOE WEAR



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DON'T FLIP-FLOP
THROUGH THE SUMMER

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Presented by:



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DON'T FLIP-FLOP THROUGH THE SUMMER



Walk in to any high school in the spring and look at the foot wear. You will see flip flops of various colors and styles being worn more than sneakers. Unfortunately, it is not just the younger population wearing them—flip flops have become common shoe wear for most ages. Dr. Marybeth Crane, a sports podiatrist and spokesman for the American College of Foot and Ankle Surgeons is seeing “whole soccer teams of 16 year-old girls complaining of the sort of foot pain she used to see mostly in older, heavier people.” The reason for their pain is not their sport or soccer cleats but the flip flops they are wearing everywhere and all the time. Whereas they were intended for use at the beach, pool or in the shower room, they are now **the fashion**. Fashionable doesn't mean appropriate though.

Well fit shoes are intended to support our body weight throughout the day and help prevent injuries. The proper shoe should have cushioning, stability, flexibility, and be comfortable. Although they are said to be comfortable, flip flops do not provide the proper cushioning or stability for adequate shock absorption and support during prolonged weight bearing activities. When wearing flip flops, the wearer walks differently with more gripping of the toes to hold onto the flip flop. This increases muscle and tendon use which can lead to overuse Achilles tendonitis or plantar fasciitis. Even ankle sprains and fractures are possible, especially if a person tries to play a sport in flip flops. It only takes one time of reaching up to catch a Frisbee and coming down off the flip flop to twist and hurt the ankle. Injuries are also possible when doing yard work. When the bare foot is exposed, it is vulnerable to lawn mowers, weed eaters or shovels. It is especially important for people with diabetes to wear the proper shoes and protect their feet from injury.

So, think about where you are going, how long you will be on your feet and what activity you will be doing before sliding into those convenient flip flops. They may be the fad but do you want to be paying with painful feet all fall and winter?



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