

THE SANDAL SCANDAL

How to select this season's sassiest sandals without becoming a sandal scandal

In a sea of sassy sandals from peep-toes to fabulous wedges, how does a fashion-forward shopper know how to select a foot-friendly sandal? A recent American Podiatric Medical Association (APMA) survey found twice as many women as men declare they wear shoes daily that hurt their feet. The good news is, it doesn't have to be that way! Keep your feet from looking painfully scandalous all season long by heeding these simple sandal solutions from the APMA.

Shoe Styles	Symptoms	Problems	Solutions
Flats, Slides, Peep-toe Sandals 	<ul style="list-style-type: none"> Plantar fasciitis (arch and heel pain) Pulling on achilles tendon 	<ul style="list-style-type: none"> Thin soles provide inadequate cushioning and foot support 	<ul style="list-style-type: none"> Don't wear these styles for long periods of time and avoid walking any great distance. Try cushioned inserts for shock absorption, such as Spenco Arch Cushions*. Select a sole that does not twist excessively.
Flip-flops, Toe Ring Flats, Strappy and Gladiator Sandals 	<ul style="list-style-type: none"> Irritation between toes where strap fits Callus and dead skin build-up around heels Twisting of foot and ankle 	<ul style="list-style-type: none"> Materials rubs skin between toes The edge of a backless shoe rubs against heel, creating friction that eventually leads to a callus Lack of support and shock absorption 	<ul style="list-style-type: none"> Choose flip-flops made of natural material such as soft, supple leather. Ensure shoe fits properly and foot doesn't hang off the edge. Try Chaco's Flipside* for style and support.
Platform Heeled and Wedge Sandals 	<ul style="list-style-type: none"> Pain on the ball of the foot Foot and ankle sprains 	<ul style="list-style-type: none"> Anything over a 2 inch heel changes the way the foot functions The higher the heel, the more likely the foot is to wobble 	<ul style="list-style-type: none"> Look for sandals with lower, wider heels and a stable sole to offer greater support and balance. Reduce pressure on the ball of the foot and toes with an insert, such as Insoleia*.



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*Indicates APMA Seal of Acceptance

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The American Podiatric Medical Association (APMA) offers the following tips on how to save your feet from summer scandal:

- Remember to apply sunscreen to feet, especially the tops and fronts of ankles. Don't forget to reapply if you're in the water!
- When out of the water, wash and dry feet thoroughly, especially between the toes, and apply a topical anti-fungal medication on any cracked or itchy skin. Clean, dry feet resist disease.
- Pass up sharing towels to avoid developing athlete's foot and other diseases that can easily be spread.
- Take special care of toenails, which are especially vulnerable around damp areas. Injury to the nail bed may make it more susceptible to infection. See a podiatrist at first sign of discoloration or infection.
- To avoid toe and ankle injuries, wear shoes that are specific to the activity or sport you're participating in. Never play Frisbee in sandals and be sure to wear boots when working outside and mowing the lawn.
- Give yourself plenty of time to break in new shoes before going on trip where you'll be doing lots of walking. And when trying on new shoes, make sure you have on the same socks you plan on wearing with them.
- If you take part in boating, fishing or other water sports, be sure to wear proper footwear. Some marine footwear products have been awarded the APMA's Seal of Acceptance. For a full list of shoes that carry the Seal, visit www.apma.org/SealofAcceptance.
- When in the ocean, be cautious of jellyfish that often sting feet and ankles and sharp coral that can cut the undersides of feet. Keeping sandals or water shoes on at all times is a good idea to prevent stings, cuts and other injuries.
- Watch out for prickly sea urchin spines when taking walks on the beach.
- Avoid walking barefoot; wear an old pair of running shoes or flip-flops to protect yourself from jagged rocks, shells, spines and debris that could float ashore.
- And most importantly, swim, walk, and enjoy the summer!! Walking is the best form of exercise for your feet and swimming is a great alternative for those suffering from tendonitis and plantar fasciitis, which can make other types of exercise painful.



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