

LIGHT SANDALS AND FLIP FLOPS GIVE FEET THE FREEDOM THEY CRAVE AFTER MONTHS OF BEING COVERED UP FROM THE COLD, BUT MANY SUMMER SHOES COULD BE CAUSING MORE HARM THAN GOOD.

# dis! Flops

SUMMER GREAT SOME ARE NOT!

Summer shoes are structurally designed in a different fashion than most winter wear and they lack obvious protection. Open toe boxes make your feet more prone to injuries. Shoes which lack adequate shock absorption or cushioning could lead to additional stress or fatigue on your feet while shoes lacking adequate heel closure often result in instability of the foot.



Over time, toes that repeatedly grip can lead to:

- Tendonitis
- Tears or ruptures of the tendon



Over-wearing of flip flops can also lead to:

- Hammer toes
- Formation or worsening of bunions



Flip-flops also lack the arch needed to support a foot. This can lead to:

- Over pronation (when the foot naturally rolls inward)
- Flattening of the arch



**SUPPORT** Choose a shoe that provides adequate arch support. A shoe that lacks support can cause a person's natural gait to change.

#### STABILITY

Look to see if the shoe has a strap that can help add stability to the heel. This type of stability will decrease the need for the toes to grip the shoe as one walks. A foot that is able to rest in a stable position allows natural movement while walking.



#### MATERIAL

Choose high-quality leather rather than rubber or plastic. Also, the thinner a shoe's sole, the more likely a person could experience injuries such as stress fractures.



For more information on summer footwear or to find a Premier Health physician near you, visit [PremierHealth.com](http://PremierHealth.com)