

THE SANDAL SCANDAL

HOW TO SELECT THIS SEASON'S SASSIEST SANDALS AND AVOID A POTENTIAL SANDAL SCANDAL!

With an endless array of styles and colors to choose from, it's easy to get caught selecting a **scandalous sandal**. Show your feet some love this sandal season by heeding these tips from the American Podiatric Medical Association. Your tanned **tootsies** will look and feel **toe-tally** fabulous.

Shoe Styles	Symptoms	Problems	Solutions
Flats, Slides, Peep toes 	<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"> Avoid prolonged wearing and walking great distances Try cushioned inserts for shock absorption Select a sole that doesn't twist excessively
Flip-flops, Toe Ring Flats, Strappy Sandals, 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 	<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 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 Flip-side* 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 and insert, such as Insolia*



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*Indicates APMA Seal of Acceptance

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TIPS ON SELECTING THIS SEASON'S HOTTEST STYLES AND
PROTECTING FEET FROM SUMMERTIME SCARES

The American Podiatric Medical Association (APMA) offers the following tips on how to protect your feet this sandal season:

- 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.
- 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 your 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 trips 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 APMA's Seal of Acceptance. For a full list of shoes that carry the Seal, visit www.apma.org/sealofacceptance.
- 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. When in the ocean or lake keep sandals or water shoes on to prevent cuts and other injuries.
- 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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