

Your Health

Tips On Picking The Right Pair Of Flip-flops For You

(NAPSA)—When the weather warms, for many people, it's time to free their feet from the shoes that bind and get into flip-flops.

The Problem

Unfortunately, that can lock feet into trouble and pain. A survey by the American Podiatric Medical Association (APMA) found that 50 percent of Americans have experienced foot pain or discomfort at some point. Improper footwear is often a chief cause of this pain and many types of flip-flops can directly cause foot problems.

Some Solutions

The podiatrists point out five things:

1. Your flip-flops should never be able to bend or twist except to follow the foot.
2. High-quality soft leather minimizes the potential for blisters and other irritation, especially compared to rubber.
3. Make sure your feet don't hang off the edge of the shoe, making your toes easy targets for stubbing, cuts and scrapes.
4. Don't wear flip-flops while doing yard work, playing sports or walking long distances.
5. Quality flip-flops provide built-in arch support to cushion your feet. Lack of arch support can lead to a number of foot health problems.



You can get comfort, safety and style when it comes to flip-flops if you heed a few hints.

“Nonsupportive flip-flops cause a common foot injury known as plantar fasciitis, an inflammation of the tissue along the bottom of the foot and the heel,” explains podiatrist Phillip J. Vasyli. “Flip-flops leave feet prone to common muscle overuse injuries, which can be easily prevented with the right footwear.”

What To Wear

So your feet can feel good and look great, he helped to create a line of flip-flops and sandals based on new “foot-friendly” technology using built-in orthotics that offer support and flexibility for proper foot alignment.

With internationally recognized leader and pioneer in the field of integrative medicine Andrew Weil, M.D., he founded Weil Integrative Footwear, which

offers balance and alignment from the ground up. Their orthotic technology has been clinically proven to “reclaim” your natural footprint by restoring the foot's alignment from the ground up. The 1st Ray Flexor Zone assists forefoot mobility and gait efficiency and the Tri-Planar Motion Control foot bed aids rear-foot alignment and function.

That may be why the American Podiatric Medical Association awarded these shoes its Seal of Acceptance, which is given only to footwear considered to be among the best choices when selecting a shoe and orthotic that promotes quality foot health, according to APMA President Michael J. King, DPM.

“From the integrative medicine approach, we're always looking at simple, low-tech, noninvasive ways of improving health. An obvious area in which to concentrate is designing really comfortable, effective footwear that can enable people to have an active lifestyle,” said Dr. Weil. “Orthotics can bring preventative relief to many people and I commonly recommend them.”

Learn More

To maintain your foot health, find a podiatrist at www.apma.org; for more information on flip-flops, see www.weilbeing.com and www.orthaheelusa.com.