

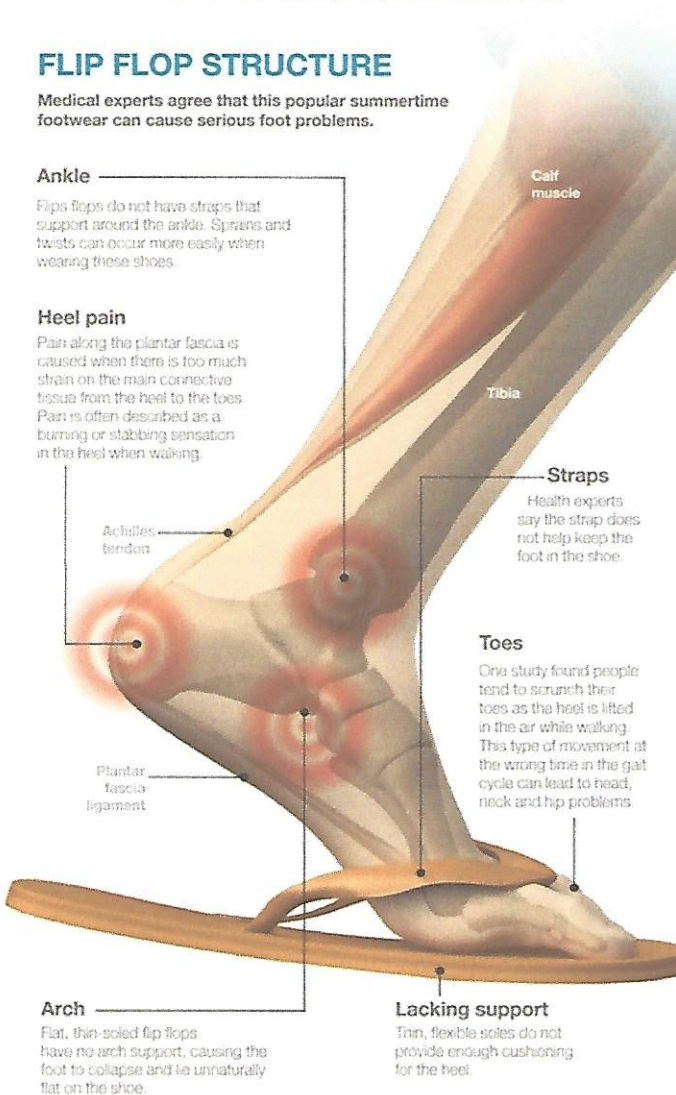
The Effects of FLIP FLOPS on Your Body

What should you know?

According to the National Foot Health Assessment 2012, 78% of those age 21 and older have experienced one or more foot problems in their lives. To what extent are flip flops the cause of it?

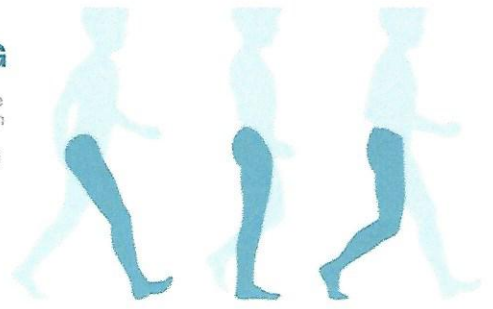
FLIP FLOP STRUCTURE

Medical experts agree that this popular summertime footwear can cause serious foot problems.



WALKING

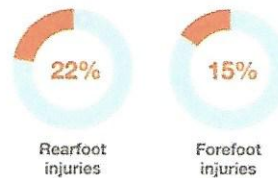
Flip flop wearers take short strides and turn their ankles inward. Long-term ankle and hip problems are a cause for concern.



A GROWING CONCERN

Heel pain is growing among young people ages 15 to 25 years. This is a group that normally does not have foot problems. Experts cite wearing flip flops daily as the main cause.

A recent survey showed parents blamed thong-style flip flops for causing foot injuries for their children.



A COSTLY MEDICAL ISSUE



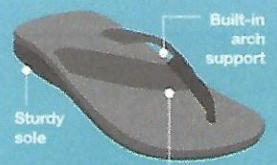
In 2012, an estimated \$62 million was spent treating 200,000 foot injuries caused by flip flops in the United Kingdom alone.

Common injuries:

Foot fatigue Heel spurs
Infections Hip problems
Cuts/scrapes Lower back pain
Bunions Walking issues

TIPS FOR CHOOSING AND WEARING FLIP FLOPS

• Choose flip flops with sturdier soles for better cushioning. Shoes of any kind should never fold in half or sideways.



High quality, soft leather straps to help prevent blisters

• Limit wearing flip flops for a short period of time, such as walking on the beach, around a pool, in locker room areas, hotel rooms or even to take out the trash.

• Never wear flip flops or leisure shoes while playing sports.

• Try not to wear flip flops while driving, as the foot can slip and the sandal can get lodged under the pedals.

• Do not walk long distances in flip flops.

• Do not ignore irritations between toes where the toe thong rests. Blisters and infections can occur from the strap.

• Use sunscreen on feet while wearing flip flops.

• Experts recommend replacing thin-soled flip flops every 3-4 months.

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Disclaimer: You should always check with your doctor or professional healthcare provider before starting or changing any medical treatment. This infographic is for general informational purposes only and is not a substitute for professional medical advice.

Sources:

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