

# Flip Flops



## What to look for in a flip flop

Flip-flops are popular as summer comfort shoes, but they aren't the right type of footwear for every activity. They aren't made for running, walking long distances, or lifting and carrying. In addition, you should steer clear of poorly-made flip-flops and choose those that give your feet appropriate support and cushioning. Learn what to look for in well-constructed flip-flops that won't fail your feet.

Choose flip flops that only bend at the ball of the foot



Cheap flip-flops usually lack any kind of structure or support for the foot. If you can bend them in half or twist them into a pretzel, they aren't going to help prevent foot fatigue. A good flip-flop bends only where you need it to bend when walking—in the ball of the foot. This will improve balance and alignment for healthy feet.

Get the right size



Your heels and toes should not be hanging off the edge of the sole, inviting rocks and toys to give you a nasty cut or stubbed toe. Likewise, don't just slip into an oversized pair with edges that can catch on uneven surfaces and cause you to trip.

Take special care when driving while wearing flip-flops. The sole can get trapped under the accelerator and cause an accident.



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## Replace Worn Out Flip-Flops



Flip-flops aren't forever. Before you slip into them, look for cracks in the sole and uppers or signs that the post is coming loose. You don't want a blow out to trip you up. If there is a deep foot indentation in the sole or you can see the outlines of your toes from last year, it's time to replace them.

## Where not to wear flip flops

You'll quickly find that going downhill on a steep slope is a bad idea when wearing flip-flops. The toe posts can bite into your feet. They aren't great for going uphill, either, as you can slide right out of them.

Flip-flops change your walking gait because your toes flex to try to keep the sandal on your foot. Flip-flops do not allow you to achieve a powerful walking stride by striking with the heel and pushing off with the toe. You end up with a shorter stride and just clomping along flat-footed.

We'd recommend you only wear flip-flops at the pool, beach, party, or around the house for light walking.

## Avoid foot irritation

The toe post and straps can cause rubbing, irritation, and blisters. These minor injuries can be prevented by using an anti-blisther lubricant or pads until your feet have developed tougher skin in those areas. However, if you have diabetes you need to be vigilant in preventing blisters and sores that can lead to an infection.



Enjoy the summer!  
The Chirohealth Team  
X

