



# Tips to Avoid a 'Flip-Flop Fiasco'

**Donning flip-flops to enjoy warm weather? Follow these "do's" and "don'ts" from the American Podiatric Medical Association (APMA):**

## **DO'S:**

- **Do shop for a flip-flop made of high-quality, soft leather. Leather minimizes the potential for blisters and other types of irritation.**
- **Do look for flip-flops that hold APMA's Seal of Acceptance, such as Sole Platinum Sandals. Evaluated by a committee of APMA podiatrists, these products are shown to allow for the most normal foot function and promote quality health.**
- **Do gently bend the flip-flop from end to end, ensuring it bends at the ball of the foot. Shoes of any kind should *never* fold in half.**
- **Do wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas. Walking barefoot can expose foot soles to plantar warts and athlete's foot.**
- **Do ensure that your foot doesn't hang off of the edge of the flip-flop.**

---

## **DON'TS:**

- **Don't re-wear flip-flops year after year. Inspect older pairs for wear. If they show signs of severe wear, discard them.**
- **Don't ignore irritation between toes, where the toe thong fits. This can lead to blisters and possible infections.**
- **Don't wear flip-flops while walking long distances. Even the sturdiest flip-flops offer little in terms of shock absorption and arch support.**
- **Don't do yard work while wearing flip-flops. Always wear a shoe that fully protects feet when doing outside activities such as mowing the lawn or using a weed-eater.**
- **Don't play sports in flip-flops. This practice can lead to twisting of the foot or ankle, as well as sprains and breaks.**