

Get Your Sandals for Summer!

May 2023 Newsletter

With warmer weather and summer around the corner, it's time to take stock of your wardrobe, and that includes your footwear. If you're planning to buy new summer sandals, we recommend investing in a high-quality pair that will complement your style while providing the support and comfort your feet deserve as you embark on all your summertime adventures.

Why Should You Pick a Good Pair of Sandals?

Picking a good pair of sandals for your feet can be compared to picking a good mattress for your bed. You wouldn't want to sleep on a mattress that might hurt your back, so why buy a pair of sandals that could hurt your feet? A cheap pair of sandals might also hurt your ankles, knees, hips, and back!

So, before you purchase any new footwear, consider what makes a good sandal so that you can make a sound investment for your feet and, in turn, your overall well-being.

Your footwear choices matter not only during the summer but also

year-round. If you ever need help finding the right pair of footwear, contact our offices. Our doctors can evaluate your feet and give their recommendations on what to look for to best fit your feet.

Being selective about your summer sandals is one way you can treat your feet kindly this season. On that note, we wish you an exciting and memorable summer!

Get Expert Advice on Footwear

The best sandals on the market are stylish, comfortable, breathable, and made of durable materials. Whether you're shopping in-person or online, we're confident you'll find sandals that meet all these criteria—and stay within your budget!

What Makes a Good Sandal?

Supportive, Not Flimsy: Your sandals should feel supportive, not flimsy. Characteristics of a flimsy sandal include thin soles, weak straps, and limited traction.

No More Than a 2-Inch Heel: Going beyond a 2-inch heel height could increase your risk of foot pain, injuries, and falls. If you're looking for a pair of sandals with a heel, a 1-inch heel should give you the lift you want without putting too much stress on your toes or the rest of your feet.

Durable Materials, Not Cheap Plastic: Summer sandals are made using various materials, including cheap plastic and thin rubber. While these materials make it possible for the sandals to be sold at an inexpensive price, you're bound to find that they wear out rather quickly. Instead, look for sandals made of leather, cork, or canvas, which are more durable and stand up better to regular wear.

Fits Your Arch and Foot: Always pay attention to the fit and arch support of your footwear. Adequate arch support will prevent foot fatigue and improve your overall stability. A properly fitting sandal should feel snug – not too tight or loose – while matching your arch type as much as possible.

Cushions the Heel: Since the heel is a sensitive area, we recommend purchasing summer sandals with ample heel cushioning. Heel cushioning will ensure that your feet remain comfortable throughout the day, whether you're off to the beach or exploring the city.

Ready to Have Your Heel Pain Treated?

Our doctors can give you more information about plantar fasciitis, as well as answer any questions and address any concerns you may have. They can also confidently recommend the treatment plan that would be best for you. Our offices offer advanced treatment options for plantar fasciitis, like MLS laser therapy.

Are Your Feet Ready for Summer and Warm Weather?

This summer, make sure you spend time enjoying the beautiful outdoors! Do not let foot or ankle pain ruin it, but instead, get the help you need now. If you're embarrassed by the look of your feet or have foot pain, give our offices a call. Let's get your feet into summer shape!

We just want to end our May 2023 newsletter by saying Happy Mother's Day to all the moms out there. We also want to wish everyone a Happy Memorial Day and want to thank everyone who has served in our military. May we never forget those we have lost.