



## A Plan For Senior Care's Guide To What Podiatrists' Say About Flip-Flops

A casual summer staple, flip-flops are popular with seniors – especially for outside activities. But before slipping on these warm weather favorites, be sure you know the appropriate way to wear this type of shoe, advises Dr. Edward Szabo, a podiatrist at Georgia Regents University.



Dr. Szabo recommends the following guidelines to help avoid a flip-flop mishap.

### **Flip-Flop Dos:**

- Shop for a flip-flop made with thick cushioned soles and neoprene rubber upper area to minimize the potential for blisters and other types of irritation
- Make sure the flip-flop has some raised arch support to help distribute pressure more evenly across the foot
- Select a flip-flop that fits properly to ensure that your foot doesn't hang off the edge
- Wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas for protection against plantar warts and athlete's foot
- Apply sunscreen to avoid sunburned feet

### **Flip-Flop Don'ts:**

- Don't wear worn out flip-flops year after year
- Don't ignore irritation between toes, where the toe thong fits which can lead to blisters and possible infection
- Don't wear flip-flops while walking long distances because they don't offer shock absorption or arch support
- Don't do yard work or play sports while wearing flip-flops because you could be more susceptible to an accidents and injuries

Finally, Dr. Szabo advises, look for flip-flops that are a name brand you trust. If you are unaware of what makes a good flip-flop, go to an athletic specialty store, hiking store, or running store, and ask their staff for recommendations based on your specified use. The information in this article is not meant to replace your doctor's advice. If you have mobility issues, foot problems or impaired balance, talk about footwear that is safe for you.

Source: Augusta University (formerly Georgia Regents University) (article edited)

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.***