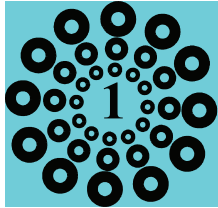


SECRETS TO AVOIDING A SANDAL SCANDAL

This summer's stylish sandals are definite attention grabbers, but will they force you to focus on the pain they are causing your feet? The American Podiatric Medical Association (APMA) has seven secrets to avoiding a sandal scandal this summer. Follow this podiatrist approved advice so you can enjoy the fun and sun with pain-free feet. Be sure to share these secrets, including the APMA accepted products, with family and friends!

For more foot health information, visit APMA's Web site:

www.apma.org



Flats & Slides

Problem: arch and heel pain; inadequate cushioning and foot support

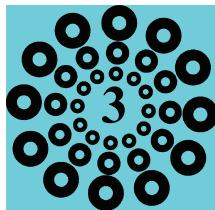
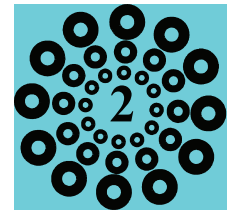
Secret Solution: avoid prolonged wearing; try cushioned inserts for shock absorption such as APMA accepted Foot Petals' Amazing Arches; select a sole that doesn't twist excessively



Gladiator & Strappy Sandals

Problem: irritation between toes; callus and dead skin build-up around the heels; lack of support and shock absorption

Secret Solution: select natural materials such as soft, supple leather; ensure proper fit with no toes or heels hanging off the edge



Platform & High Heels

Problem: pain in the ball of the foot and ankle injuries

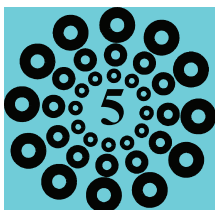
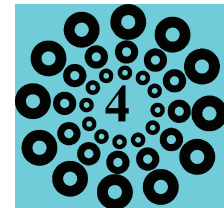
Secret Solution: wear lower, more stable heels (less than 2 inches in height); use an APMA accepted insert, such as Insolia



Wedge & Espadrille Sandals

Problem: ankle twist or sprain; instability and difficulty walking

Secret Solution: try a wider, flatter wedge; rubber sole with good traction



Peep-toe Sandals

Problem: loads of pressure on the tootsies; bunions and hammertoes

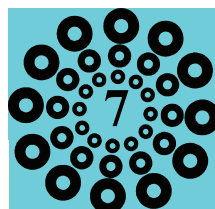
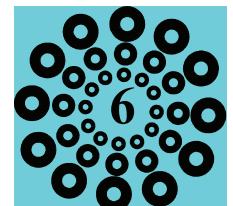
Secret Solution: wear only for short periods of time; insert Giovanna Toe Cushion by Heaven4Toes, an APMA accepted product



Ankle Wrap Sandals

Problem: lack of adequate ankle support; friction causing blisters

Secret Solution: try ankle wraps made of a soft, breathable material such as leather, cotton or satin; ankle wrap not too tight; apply APMA accepted Strappy Strips by Foot Petals



Overall persistent pain

Secret Solution: See a Podiatrist!

Podiatrists are uniquely qualified to diagnose and treat conditions of the foot and ankle.

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