FOOTWEAR AND FOOT HEALTH

- Minimize how often you wear sandals or flip flops.
- Sandals and flip flops require you to flex your toes to keep the footwear in place.
- Toe flexion produces stress on the plantar fascia on the bottom of your foot.
- Strain travels upstream and can injure the Achilles tendon, calf, knee, and hip.
- Chronically tight plantar fascia can result in increased chance of turf toe and other foot injuries.
- Always have a back on your shoe.