

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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6 Tips for Wearing Flip Flops Without Killing Your Feet

As Seattle temperatures rise, it certainly feels like summer and that means you want to break out your flip flops. In the last few years flip flops have become a fashion statement. Teens and adults alike can be seen wearing them at the beach, the mall, and while strolling around Green Lake.

Unfortunately many people don't know how to wear these colorful kicks without killing their feet. As a Seattle podiatrist I see all kinds of foot problems from patients wearing flip flops for extended periods of time.

Think blisters, worsening bunions, hammertoes, Achilles tendonitis, neuromas, heel pain or sprained ankles.

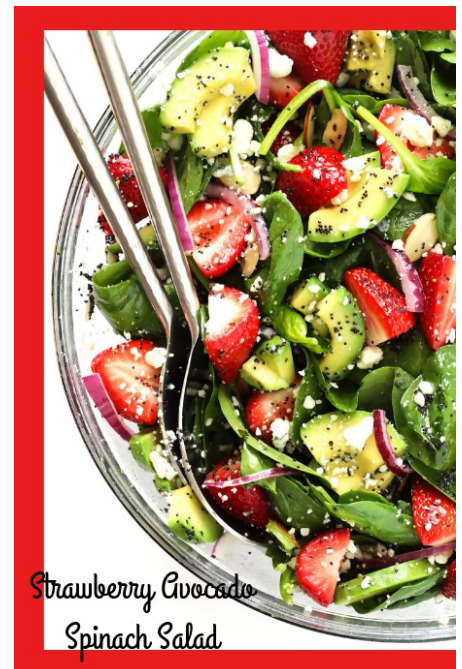
Flip flops were never intended to be worn everywhere and anywhere all day long. But if you choose to wear them, follow the tips on the other side of this newsletter (over).

Strawberry Avocado Spinach Salad

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced
- 1 batch poppyseed dressing (recipe below)

Poppyseed Dressing Ingredients

- 1/3 cup avocado oil (or any oil, such as olive oil)
- 3 Tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper



Strawberry Avocado
Spinach Salad

To make the dressing, whisk all ingredients together until combined. Add salt and pepper to tastes. For the salad, toss all ingredients together and add the desired amount of dressing.

Source: Gimme Some Oven

- **Buy flip flops with a leather footbed**

When it comes to flip flops leather is best. It will minimize blisters and other problems with irritation.

- **Check for support before you buy**

Flip flops with arch support are much better than flat, flat, flipflops. We recommend the Vionic Wave Toe Post Sandal.



- **Replace each summer**

Flimsy flip flops wear out quickly. Buy new ones each year.

- **Avoid toe overhang**

Make sure you buy flip flops that fit. If your toes overhang you'll be much more likely to stub them.

- **Don't wear flip flops in these situations**

Never, ever wear flip flops while playing sports, dancing, mowing the lawn, or hiking. The likelihood of twisting or breaking your ankle, falling, or taking off a toe will go up exponentially.

- **Don't ignore pain or irritation between your big toe and second toe**

Excessive rubbing can cause blisters and lead to infections. A great alternative to flip flops are Teva or Chaco brand sandals that include straps across your toes and around the back of your heel.

If you decide to wear a cheap pair of flip flops with no support, limit their use to the pool, locker and shower room. They're great for preventing infections lurking in these locations, such as athlete's foot, plantar warts, or fungal toenails.



New Summery Shades for Your Nails!

Time to clear out your winter nail polish to make room for some soft summery shades. You already know that Dr.'s Remedy Enriched Nail Polish comes with tons of "good for you" ingredients like tea tree oil and vitamins and none of the "bad for you" stuff like formaldehyde.

Now that it's sandal time you can show off your toes in style. Pick up a couple of our delectable new daytime colors like Soulful Slate Blue and Playful Pink when you come into the office. Or splurge for a summer night out with Magnetic Midnight.

How to Clean a Grill Using Aluminum Foil and Vinegar

Here's a simple way to clean the cooking surface on a barbecue grill using aluminum foil and white vinegar. The acid in the vinegar cuts through grease and cooked on food, while the foil acts as an abrasive to remove the food residue.

- Pour white vinegar in a clean spray bottle.
- Spray the cooking surface on the grill with the vinegar.
- Allow the vinegar to remain on the surface for a few minutes.
- Rub the cooking surface with crumpled up aluminum foil.
- Dispose of the aluminum foil in a garbage can.

By Joe Truini from Todayshomeowner.com

If you're experiencing foot or ankle pain, call us today at 206-368-7000 to make an appointment.