

# How to Pick Stylish, yet Comfortable Sandals

A health tip by [Spencer S. Lockson, DPM](#)  
Board-certified podiatrist with Sutter Medical Group.

Summertime in the Central Valley is hot and most everyone likes to wear sandals or open shoes. Summer is also the time foot specialists start to see a large increase in foot fatigue, foot strain, heel pain, and plantar fasciitis because open shoes do not have as much support as a closed shoe of similar construction. Although they may have a strap around the back, they lack a heel counter (the firm part of the back of the shoe) that helps lend support to the foot during activity.

So what should one look for in a sandal?

- Look for sandals with a small heel for greatest support but anything over 2 inches may increase the risk of wobbling and ankle sprains.
- Try wearing a cushion insert to reduce pain in the ball of the foot when wearing Flats and Slide style sandals.
- Flip-flops should have elevation in the arch to minimize foot strain.
- Make sure sandals fit properly and your foot doesn't hang off the edge of the sandal.
- Avoid wearing sandals for prolonged periods of walking, an athletic shoe offers more support for demanding activities.

New sandals can be stiff and unforgiving so if you're planning on taking a pair on vacation with you, wear them at home a few times to loosen them up. And, when you're applying your daily dose of sunscreen, don't forget your feet, especially the tops and front of the ankle.



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