

Popular Flip-flop Sandals Linked To Rising Youth Heel Pain Rate the rising popularity of flip flop type shoes has triggered

Can wearing flip-flop sandals actually contribute to the rising problem of heel pain among teens and young adults? According to experts (and in my experience) the answer is yes.

Studies are showing that more and more young adults (15 to 25 years old) are being seen for heel pain despite the fact that this age group hasn't traditionally been considered high risk.

A major contributor to this problem is that more kids are wearing flip-flop sandals (with paper-thin insoles) everyday to school and to the mall.

Flip-flops obviously have no arch support and can accentuate abnormal biomechanics in foot motion eventually bringing about pain and inflammation.

For those that absolutely must where open type shoes, a thicker soled sandal with supportive arches should be considered. Although these types of sandals might not be considered stylish, you might avoid getting heel and other foot problems down the road. Diabetics should NEVER wear open shoes of any type.

It should also be mentioned that heel pain also is becoming more prevalent in younger people who become overweight and lead sedentary lifestyles in winter and dramatically increase their physical activity when the temperatures rise. Obesity in younger people is clearly a major health problem and heel pain is a consequence of it.

It is estimated that 15 percent of all adult foot complaints involve plantar fasciitis, the type of heel pain caused by chronic inflammation of the connective tissue extending from the heel bone to the toes. Being overweight and wearing inappropriate footwear are common contributing factors. The pain is most noticeable after getting out of bed in the morning, and it tends to decrease after a few minutes and returns during the day as time on the feet increases.

Most patients with plantar fasciitis respond to conservative treatment within six weeks. Don't wait until heel pain disables you before you seek help. Ask your foot and ankle specialist how to best start treatment.