



OrthopedicNotes

Healthy Summer Footwear

When the weather heats up, people reach for flip-flops to keep their feet cool and comfortable. Retail flip-flops are colorful and cheap, but feet (and the rest of the body) pay the price. When patients wear them, your adjustments and care could be affected..

No to flat, mass-produced flip-flops:

- Thin, flimsy soles offer minimal support or cushioning. This can cause pain in the heels, arches, ball of the foot, and toes. It also increases the risk for plantar fasciitis and Achilles tendonitis.
- Generic fit causes wearers to alter their gait by taking shorter steps, which can lead to hip and lower back pain.¹
- Little to no arch support can cause feet to over-pronate, throwing the entire body out of alignment.¹



Yes to Foot Levelers custom orthotic flip-flops:

Foot Levelers introduced the world's first custom orthotic flip-flops. Unlike the generic kind, ours have custom support for all three arches of the foot built right into the sole.

- Backed by science and Chiropractic principles
- Handcrafted of durable, high-tech materials for maximum comfort and shock absorption
- Firm sole for stability on uneven surfaces
- Backed by a 100% guarantee



Every new patient exam should include an evaluation of the patient's gait, feet, and shoes

It's a great way to talk to them about the importance of keeping their feet continuously stabilized with properly supportive footwear. This gives the body a healthy, solid foundation that's less likely to experience biomechanical problems and is more receptive to Chiropractic care.

National Flip-Flop Day is Friday, June 18th

Got patients who love flip-flops? Put them in ours! Encourage them to celebrate in Foot Levelers custom orthotic flip-flops!



Get multiple pair savings on orders containing custom flip-flops with code **TAKE2**

Got questions? We're here to help!

800.553.4860

References

1. Schafer RC: Chiropractic Management of Extraplinal Articular Disorders. Arlington: American Chiropractic Association.