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Wearing flip flops is not good for the foot and joints, new warning says  
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## [New Warning Issued on the Dangers of Wearing Flip Flops](#)

*Women should be very careful about jumping on the summer trend*

This is not the first, and will probably not be the last either, time that health experts are rallying up to speak against the ever-present summer trend of wearing flip flops. As podiatrists stress the many infections that can be gotten by wearing this type of shoes, other specialists point out that complications can actually be very severe, as a new piece in [physorg](#) indicates.

Initially designed for short distances and with a specific purpose, namely for the beach, to protect the wearer from being burned by the hot sand, flip flops have literally taken over the world in the past couple of years. They're worn everywhere no matter the occasion or the time of day, from on holiday to the office, and even at the White House and at wedding ceremonies. In the context of the number of complaints increasing during summer, specialists are issuing yet another warning about choosing a more supportive shoe instead of the flip flop.

The problem with flip flops, they say, is that they offer no support for the arch of the foot, thus forcing the wearer to apply more pressure on the heel and even to alter the gait to keep the shoe on. "I definitely see issues with people when summer comes and all they're in is little flimsy flip-flops." said Dr. Seth Anderson of Missouri Foot and Ankle in Creve Coeur, Mo., says for the publication. Most of them complain of plantar fasciitis (heel pain and inflammation) precisely because flip flops fail to offer the extra support.

Moreover, researchers underline, the very charm of these shoes is that they seem extremely comfortable and the damage they cause is done progressively, at times without the wearer even noticing it. Aesthetic considerations aside (since there still are many people who can't stand the sight of toes or an entire foot on public display), flip flops also lure many women with the promised advantage of feeling less of the scorching heat. However, before buying a pair of flip flops, women might consider that there are also many sandals that can do the same, while also offering their feet the right kind of support, experts add.

"Anyone with flat feet, high arches, bunions, hammertoes or other foot issues can be at risk for exacerbating their problems by wearing flip-flops. Flip-flops should also be avoided by anyone with diabetes or circulation problems because symptoms can include a lack of sensation in the feet. Any cuts or abrasions might not be noticed and can lead to infections. Podiatrists say that people with knee, hip or back problems need to wear more supportive shoes so they don't aggravate their injuries. Pain from flip-flop wear can extend from the feet up into the ankles, legs, hips and lower back, say researchers at Auburn University in Alabama." the aforementioned medical publication also notes, summing up warnings issued throughout time by health experts.&nbsp;