



**For Immediate Release**

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**PROTECT YOUR FEET THIS SUMMER**  
***MPMA Shares Precautions for Exposed Feet***

**Lansing, Mich.** – During the warmer weather our feet tend to be frequently exposed to the elements as we wear sandals, flip flops and are often barefoot.

“During this time of year, we see many foot injuries or problems due to non-supportive footwear and barefoot walking,” said Dr. Jodie Sengstock, MPMA Director of Professional Relations. “Pool areas and public showers are home to infections such as planter warts and athlete’s foot, while the sun’s powerful rays can cause painful sun burns.”

Podiatrists of the Michigan Podiatric Medical Association (MPMA) have some advice to share that can help prevent harmful conditions to feet.

**Going Barefoot**

- Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.
- Wear shoes or flip-flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.
- Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.
- Stay hydrated by drinking plenty of water throughout the day. This will not only help with overall health, but will also minimize any foot swelling caused by the heat.
- Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.
- Some activities at the beach, lake or river may require different types of footwear to be worn so be sure to ask the contact at each activity if specific shoes are needed. To be safe, always pack an extra pair of sneakers or protective water shoes. If your shoes will be getting wet, they should be dried out completely before your next wearing to prevent bacteria or fungus from growing.
- If you injure your foot or ankle while on vacation or during an outing, seek professional medical attention from a podiatric physician. Many often only contact a family doctor when something is broken or sprained, but a podiatrist can begin treating your foot or ankle ailment immediately.

**Flip Flops**

Flip flops just are not good for extensive walking. They do not offer any arch support, heel cushioning, or shock absorption. Wearers may suffer foot pain due to lack of arch support, tendinitis, and even sprained ankles if they trip. Wearers are also at greater risk of stubbed toes, glass cuts, puncture wounds, or having a heavy object injure their foot.

- Do not wear flip flops when playing sports or running.
- Do not wear flip flops while gardening or doing yard work.
- Wear sturdy, supportive shoes while walking for long periods of time.
- Don't forget to apply sunscreen on all areas of your foot while wearing open shoes.

## **Be Prepared**

In case of minor foot problems, be prepared with the following on-the-go foot gear:

- Flip flops – for the pool, spa, hotel room, and airport security check points.
- Sterile bandages – for covering minor cuts and scrapes.
- Antibiotic cream – to treat any skin injury.
- Emollient-enriched cream – to hydrate feet.
- Blister pads or moleskin – to protect against blisters.
- Motrin or Advil (anti-inflammatory) – to ease tired, swollen feet.
- Sunscreen – to protect against the scorching sun.
- Aloe Vera or Silvadene cream – to relieve sunburns.

To find an MPMA podiatrist near you, visit [www.mpma.org](http://www.mpma.org).

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## **About the MPMA:**

The Michigan Podiatric Medical Association (MPMA) has been dedicated to serving and protecting the public's podiatric health and maintaining the highest standards of ethical conduct among its members for over 100 years. The four main objectives of the organization are: to improve the quality of foot care; to promote the importance of foot health among the general public and health care professionals throughout the state; to increase awareness of the art and science of podiatric medicine and surgery; and to provide continuing medical education to podiatrists. [www.mpma.org](http://www.mpma.org)

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