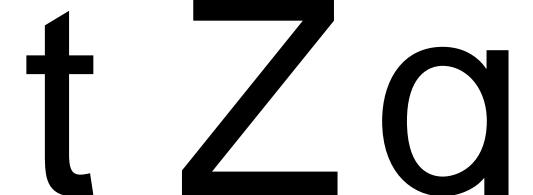
Do unstructured shoes help? 0.06

So there's been, I don't know 10 to 15 years, where the unstructured or the barefoot shoe has become popular, both among runners and everybody else. It's kind of extending the fip f op to more athlet c pursuits. When it f rst, we f rst are having these barefoot running shoes, we had a number of people who had stress fractures from them because they went from the really support ve shoes that had the heel kind of up a lit le bit relaxing the Achilles tendon to running in these very f at shoes with almost no cushion. Since then, I think the runners have become smarter about how they make the transit on from the structured shoe to the unstructured shoe that allows them to have that barefoot ef ect. The human being was designed to walk barefoot, and we were designed to walk up and down hills all day long. And that naturally stretches us out. So yes, wearing a unstructured shoe can, you know help stretch things out. But I've had pat ents who've had horrible cramps in their calves af er wearing an unstructured shoe for the f rst t me for a day and then realizing that their Achilles was really t ght and very unhappy about being stretched all day long.

What are pros and cons of footwear like f ip f ops? 1:32

Those and just any very minimal sandal, like a strap sandal have very lit le support, they don't support the ankle from turning inside and out. So if someone has unstable ankles or weak muscles in the ankle, it certainly would not be a very good shoe to wear for any length of t me because you run the risk of damaging the ankle by twist ng it for people who have normal sensat on and strengthen their ankle, using them. Say round a pool walking, you know, in the mall or something like that should be fine. We do have to watch out for things like the sun and sunscreen is a good idea on your feet if you're going to be wearing sandals outside for any length of time. And we do have to watch out for any type of injury. So we don't want to use it around anything that's dangerous lawn mowers, weed eaters, you know, animals, those type of things because they pro wrory lies of the sun and good idea on your feet if you're going to be wearing sandals outside for any length of time. And we do have to watch out for any type of injury. So we don't want to use it around anything that's dangerous lawn mowers, weed eaters, you know, animals, those type of things because they pro wrory lies of the page of the



Why is sunscreen so important with this type of footwear? 3:44

So about once a year I get a pat ent who's referred to me with a melanoma on their foot. We don't think of that as being a place we think people get them on their face or neck or shoulders, but you can get a melanoma on your foot. And unfortunately, that is the most dangerous place that you can get a melanoma we don't really know why, whether it's we just don't not ce them or whether they are more aggressive. But when someone has a melanoma on their foot, it's a very, very serious problem.

Is melanoma more dif cult to treat on a foot?

4:18

If they get very large, it's very hard to be able to excise them and st II save the foot/

Does the thickness of a fip fops sole make any difference? 4:29

What someone do if the arch of their foot is collapsing? 6:28

If you're start ng to have a collapse of your arch, or you're start ng to have pain on the inside edge of your foot, when you walk without support, you probably ought to see a health professional, because you probably are going to need a specific type of insert. And it really, they need advice on what that insert is, we of ent mes seen people in the wrong shoe, we'll see people who don't need that medial support, maybe even if, you know they need the support on the outside, and they'll be wearing it because, you know, they've heard it's, it helps with foot pain.

How can people find the best shoes for their part cular feet? 7:04

People who have, you know, bunions or who have ankle instability, or hopefully my diabet c pat ents all need to be very, very careful about what shoes they wear, picking out the appropriate shoes. You know, you go to the store, and there's a shoe for every sport, you know, you have your golf shoe, your tennis shoe, your racquetball shoe, they make shoes for every single sport. And somet mes it's dif cult to know what is the best shoe for you. And so I do recommend my pat ents going to a shoe store that has knowledgeable staf who can actually talk to them about their shape of their foot. Some places even have what we call a Pedobarograph, which is a device you stand on and it actually measures the shape of the bot om of your foot to help pick out your shoes.

Does the size and shape of a person's foot cont nue to change as they age?

8:04

Yes, we do tend to have our feet widen a lit le bit over t me. And a lot of t mes we get to go up his shoe size as we age. And the other thing that happens is, you know, if you f nd a shoe that really works for you, we tend to buy that same shoe over and over again, the manufacturers can change how they actually build the shoe, or even where they build the shoe. And that can make a big dif erence. And so a shoe that is always f t you suddenly doesn't. And so if you f nd a shoe that you may have worn forever is hurt ng your feet, get rid of it. I mean, if a shoe hurts you, you should not be using it, it should not be in your closet.

How can a wider shoe improve foot problems? 8:49

For a foot surgeon, we never like the really narrow shoes. A fun exercise is to stand on a piece of paper, trace your foot out, and then put the shoe on top of it. A lot of your women's shoes you'll have a half inch on either side. And that means that your foots having to be squashed into that space of the shoe we normally would take up you know the wider room. And so that's always an interest ng thing with women is to trace out their foot and show their shoe compared to what their foot really expects. But there are people who need specially extra wide shoes. You know,

those are the people with our bunions and with hammer toes, corns things like that a lot of t mes by changing the shoe and get ng them and these are usually medical shoes that are called wide toe box shoes. But you know, I've had gentlemen who have come in who can't wear their western cowboy F