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## Find Us



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## Thumbs Up and Thumbs Down on Flip-Flops

Perhaps summer's most iconic footwear, flip-flops are synonymous with the season. This easy-to-slip-on, open-air style is a favorite among many patients but are they a good choice for your feet? The answer is yes, and no. Read on for the pros and cons of this popular style and what to do if it's your go-to summer shoe.

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## Olympic “Feets”

Excitement is building for the return of the Olympic Games this year in Tokyo, Japan after their cancellation last year due to the pandemic. Karate, surfing, sport climbing and skateboarding are making their debuts at the Games, and baseball and softball are returning after a 13-year absence.

The Tsurigasaki Beach in Chiba Prefecture will host the first-ever surfing event at the Olympics. Both men's and women's categories will be included in the event.

Skateboarding will include two categories – park and street. The street category will have a straight route that imitates a street with stairs, handrails, boxes, and benches. The park category, meanwhile, will take place on a surface with slopes and tricky curves.

Sport climbing is a form of rock climbing that will be held on artificial climbing walls. It will feature three disciplines: bouldering, lead climbing, and speed climbing. Speed climbing will pit two climbers against one another on a 15m wall. In bouldering, athletes will scale some fixed routes on a 4.5m wall within a specified time. In lead climbing, athletes will try to climb as high as possible on a 15m wall within a specified time.

Karate, which originated in Okinawa, will make its debut at the Tokyo Olympics with both men and women competing in Kata (forms) and Kumite (sparring) events.

Baseball and softball have been reintroduced at the Olympics after their last appearance at the 2008 Beijing Games. In addition to the 5 new sports, the Tokyo Olympics will feature 15 new disciplines to promote women's participation and equality. Tune in starting July 23rd to see the action!

## Thumbs Up

Flip-flops have a truly stellar role in protecting your feet and that is preventing fungal, bacterial, and viral foot infections such as athlete's foot, toenail fungus, and warts. All these types of infections are spread by direct contact—a barefoot person with one of these conditions walks on a surface that you then walk on barefoot and presto, the infection is passed to you. In the summertime, community pools, seaside changing areas, and restrooms, gyms, and nail salons are all prime sites for infectious agents that can harm your feet. These and any other public places are the ideal locations to wear your flip-flops. Lightweight and flexible, flip-flops are easy to slip into your beach bag or backpack.

Flip-flops get a second thumbs up for preventing the soles of your feet from getting burned on hot asphalt and sand on a beach day. Always wear them from the car to your perfect place in the sand and don't remove them until you have set down your towel to walk on.

## Thumbs Down

Wearing flip-flops for extended periods, however, definitely gets a thumbs down. Traditional flip-flops have no structure and zero support. The design of the shoe requires your toes to constantly curl and grip the front of the shoe for them to stay on. This can lead to several serious podiatric problems, including:

- **Arch and heel pain.** The total lack of arch support causes inflammation of the plantar fascia—the long band of tissue that runs from heel to toe along the bottom of your foot. This in turn can lead to sore arches, heel spurs, and plantar fasciitis.
- **Cuts and bruises.** Since your foot is completely exposed, it's easy to stub your toe or cut your foot on a sharp object as you walk by it.
- **Toe deformities.** The continual toe gripping can exacerbate hammertoe, claw toe, and other deformities where the toe curls downward at an unnatural angle and eventually becomes rigid in that position.
- **Ankle sprains and other injuries.** Because nothing is holding your heel and ankle in place in this style of footwear it's very easy to twist an ankle or trip while walking or running in flip-flops.

Take heart, however, if this is your favorite summer shoe style. Many manufacturers have started building better flip-flops. Look for styles that have the APMA (American Podiatric Medical Association) seal of approval and feature built-in arch support, a cushioned insole, and even a back strap for greater stability.

Give us a call for recommendations of summer shoe styles that are good for your feet.

### The Thrill of Victory and The Agony of “Defeat”

No Olympic games are perfect, and the athletes below are proof. Here are 7 of the worst injuries in Olympic history.

1. Sprinter Derek Redmond's popped his right hamstring during the 400-meter semifinals (1992 Summer Olympics in Barcelona)
2. Diver Greg Louganis banged his head on the diving board during the three-meter spring-board competition (1988 Summer Olympics in Seoul)
3. Weightlifter Sa Jae-hyuk's dislocated his elbow while attempting to lift 162kg (357 pounds) (2012 Summer Olympics in London)
4. Gymnast Adrienne Nyeste's fell face first while performing a routine on the uneven bars (2000 Summer Olympics in Sydney)
5. Gymnast Kerri Strug overcame torn ankle tendons on her final vault to secure the gold medal for Team USA (1996 Summer Olympics in Atlanta)
6. Weightlifter Janos Baranyai's dislocated his right elbow while attempting to lift 148 kilograms (326.3 pounds) (2008 Summer Olympics in Beijing)
7. Gymnast Samir Ait Said's fractured his tibia on the landing on his vault attempt (2016 Summer Olympics in Rio)

**Pueblo Ankle and  
Foot Care Guarantee:  
We will see any emergency  
foot and ankle condition  
same day**

## Don't Let These Hazards Spoil Your Beach Day

Sun, sand, and waves! Nothing says summer fun like a day at the beach. Below are some potential podiatric problems and how to prevent them from ruining your seaside outing.

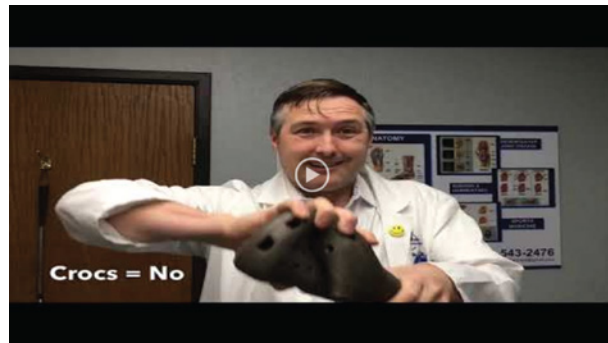


- **Jellyfish Stings**—many people don't realize that jellyfish that have washed up on the shore can still sting you if you step on them. If this happens, carefully remove the tentacles from your feet. Keep a small container of baking soda or vinegar in your beach bag to apply to the site of a sting. This should relieve the pain and swelling.
- **Puncture Wounds**—glass, shells, bottle caps, and other sharp objects can be hidden under the sand. Slip on your water shoes or flip-flops before taking a walk down the beach. If you do get a puncture wound, don't go swimming. Bacteria in the water can cause an infection. It's best to have a podiatrist check out any puncture wounds within 24 hours.
- **Sunburn**—don't forget to apply sunscreen to the tops and bottoms of your feet as well as the rest of your body. Use a broad-spectrum, water-resistant sunscreen with a minimum SPF of 30 and reapply after going in the water or every two hours—whichever comes first.
- **Ankle Sprains, Tendon Strains, and Other Injuries**—if your beach day plan includes volleyball, frisbee, or another physical activity, be sure to throw a pair of athletic shoes in your beach bag. Playing these or other sports in flip-flops or sandals in shifting sand is likely to result in a sports injury to your feet.
- **Swollen Feet and Ankles**—stay hydrated! It will help reduce edema (swelling) of your feet and ankles.

If you sustain an injury or experience foot pain after your day at the beach, make an appointment to get it evaluated. We want to keep you walking!



## Video of the Month Good VS Bad Shoe Types



### Trivia

Which can be a symptom of athlete's foot?

- A. Itching or burning on skin of feet
- B. Rash on feet
- C. Blisters on feet
- D. Thick or crumbling toenails
- E. All the above

**Answer: E. All the above.**

The affected area may also develop cracks in the skin or inflammation. The primary site on the foot for this infection is between the toes, but it may also occur on the heels. The infection may also affect the palms and fingernails.

### Foot Funnies



**Q:** What do Olympic sprinters eat before a race?

**A:** Nothing, they fast

A promotional image for Biofreeze. It features two white tubes of Biofreeze Professional on a light-colored wooden surface. One tube is a spray bottle labeled "CONTINUOUS SPRAY" and the other is a gel tube labeled "LASTS LONGER". Both tubes have "BIOFREEZE PROFESSIONAL" printed on them. A white arrow graphic points towards the products. The background is split diagonally into blue and white sections.

**JULY  
DEAL OF THE  
MONTH**

**Biofreeze**  
2 FOR \$20

TOPICAL PAIN RELIEF



## Recipe of the Month

# Grilled Peaches with Almond Mint Pesto

Savory almond mint pesto makes grilled peaches the perfect side to anything you toss on the BBQ this summer.

### Ingredients

- 1 1/2 cups packed fresh flat-leaf parsley leaves plus more for garnish
- 1/2 cup packed fresh mint leaves plus chopped mint for garnish
- 1/2 cup sliced almonds lightly toasted, plus more for garnish
- 1 garlic clove chopped
- 1 serrano chile chopped
- Grated zest of 1 lime
- 1/2 cup extra virgin olive oil
- kosher salt and freshly-ground black pepper
- 5 just-underripe white peaches halved and pitted



### Directions

1. Combine parsley, mint, almonds, garlic, chile, and lime zest in a food processor and process until coarsely chopped. With the motor running, slowly add the olive oil and season with salt and pepper. If the pesto is too thick to pour, add a little water.
2. Heat your grill to high for direct grilling.
3. Brush the cut side of the peaches with canola oil and grill until golden brown and caramelized, about 1 1/2 minutes. Flip over and continue grilling until just heated through, about 1 minute.
4. Arrange the peach halves on a platter and drizzle with the pesto. Garnish with sliced almonds.

*Recipe courtesy of [dailyharvestexpress.com](http://dailyharvestexpress.com)*



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## **Meet our Doctors**



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