






TOG Orthotics - Footcare Advice for Summer Sandals

This summer's stylish sandals are definite attention grabbers, but will they force you to focus on the pain they will be causing your feet? TOG Orthotics International has 6 secrets to avoid this. Follow our advice so you can enjoy the fun and sun with pain free feet. Be sure to share these secrets with family and friends. For more information visit our website: www.togorthotics.com

- 1. Flats**
Problem: arch and heel pain; inadequate cushioning and foot support.
Secret Solution: avoid prolonged wearing without your TOG custom made orthotics.
Arches: select a sole that doesn't twist excessively.

- 2. Gladiator & Strappy Sandals**
Problem: irritation between toes; callus and dead skin build-up around the heels; lack of support and shock absorption.
Secret Solution: select natural materials such as soft, supple leather; ensure proper fit with no toes or heels hanging off the edge.

- 3. Platform & High Heels**
Problem: pain in the ball of the foot and ankle injuries.
Secret Solution: wear lower, more stable heels (less than 2 inches in height); See a TOG Practitioner for professional gait analysis and custom made TOG orthotics.

- 4. Wedge & Espadrille Sandals**
Problem: ankle twist or sprain; instability and difficulty walking.
Secret Solution: try a wider, flatter wedge; rubber sole with good traction.

- 5. Peep-toe Sandals**
Problem: loads of pressure on the tootsies; bunions and hammer toes.
Secret Solution: wear only for short periods of time.

- 6. Ankle Wrap Sandals**
Problem: lack of adequate ankle support; friction causing blisters.
Secret Solution: try ankle wraps made of a soft, breathable material such as leather, cotton or satin; ankle wrap not too tight.


News

With the arrival of the good weather we at TOG would like to let you know of our new sandal orthotic. Its unique slim-fit and non-slip heel means that this orthotic does not slide forward when in your sandals, allowing you to wear this orthotic all year round.

For more information, speak to your TOG Practitioner in this clinic today or visit www.togorthotics.com



**TOG Orthotics
International**

Overall persistent pain

Secret Solution: See a TOG Practitioner for professional gait analysis and custom made TOG orthotics.

For more information contact your TOG practitioner.