



## Pros and Cons of Flip Flops

When it comes to quick and easy, flip flops fit the bill. They keep your feet cool in the summer and they are easy for kids and adults alike to get on and off, but what about how they affect your feet? If you are trying to decide what shoes to wear today, read this flip flop pros and cons list first.

### Flip Flop Pros:

- Quick and easy: They take hardly any effort to put on, especially for kids.
- They keep your feet cool.
- They can be very inexpensive.

### Flip Flop Cons:

- They are flimsy and many provide no foot support, which can eventually lead to arch and heel pain.
- Lack of support can cause critical problems in the arch and heel of the foot, including plantar fasciitis, an inflammation of tissue on the bottom of the foot.
- Constant wearing of flip flops can result in tired and very sore feet.
- Since there is only a small strap to secure your feet, your toes actually have to grip the flip flop to keep them on. Over time, this can cause tendinitis and can lead to hammer toes.
- Since there is no support, the whole way you walk can change. Wearing flip flops on a regular basis can change your natural gait, which can lead to problems in your knees, hips, and lower back.
- They can impair control if they come off and lodge under the brake or gas pedal while driving.
- They offer little protection. You are at a greater risk for stubbed toes, glass cuts, puncture wounds, or having a heavy object fall on your foot, causing injuries such as broken toes and torn nail beds.

Flip flops are great in some situations. For instance, many people like to walk barefoot around their house, so grabbing a pair of socks and shoes when you want to go outside can be a little bit of a hassle. They are perfect for situations like taking out the trash or letting the dog out. You'll protect your feet from rocks, glass, or hot pavement, and you can quickly slip them on and off if you're making multiple trips outside.

Flip flops are the perfect type of shoe to wear to the beach. They can protect your feet from the hot sand, and you can wear them into the water to rinse them off at the end of the day.

If you choose to wear flip flops, don't overdo it. To have flip flops on for short periods of time when you are running errands and not doing a lot of walking, that's usually not a problem. If you want to wear them for a longer period of time, invest in a sturdy pair that has a good amount of cushion and support.

*Sources:* WebMD; everydayhealth.com; anklefootmd.com; sofootankle.com

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