

WORK RIGHT REVIEW

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Shoewear for Summer

As we continue to enjoy the warmest months of the year as well as more frequent trips on outdoor activities, many of us brush off our sandals, or simply go barefoot. While we know these are not an appropriate form of footwear for most work environments, we might choose to be more relaxed outside of work. But before you choose to ditch your tennis shoes for a barefoot summer, let us review how your choice of footwear can affect you, both in and out of the work place.

In previous volumes of the Work Right NW Review, we've discussed your feet. Remember, your feet directly affect the kinetic chain, including: your hips, back, knees, ankles and feet. Often times when we wear limited support footwear, such as sandals, we spend an excessive amount of time flexing our toes to keep the shoe on. Similar to over use injuries in the work place, the bottom of our foot is being over used to ensure that we don't slide out of the shoe. When this occurs, you may notice early fatigue, cramping, or even signs of plantar fasciitis. Plantar fasciitis causes inflammation to the arch of your foot. In addition, your change in walking mechanics due to the change in shoes, may cause similar effects to the tissues in your legs, hips, and lower back.

Rest assured, this does not mean that all sandals are bad! When buying summer shoes, refer to the following guidelines:

- The shoe should only bend where your foot bends, at the ball of your foot.
- The more straps, the better. This will help keep your foot in place.
- The sandal should have a reasonable arch support.
- Examine the sole of the shoe—could it protect your foot if you stepped on something sharp?



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent discomfort. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry 1 company at a time by helping 1 person at a time..