

# **Reconstructive Foot & Ankle Institute, LLC**

## **Daniel D. Michaels, DPM, MS, FACFAS & Associates**

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### **POPULAR SANDALS CAUSING FOOT PROBLEMS IN MEN?**

#### ***Wrong sandal can cause heel pain, Achilles tendonitis, other ailments***

Footwear has come a long way since Roman armies conquered an empire wearing only sandals on their feet. But what's old is new again. Recent market research reveals sales of men's sandals jumped 20 percent between 2005 and 2007.

Along with the growing popularity of men's sandals come more aches and pains for male feet. Daniel D. Michaels, DPM, MS, FACFAS, a foot and ankle surgeon with offices in Frederick and Hagerstown, says the wrong sandal could cause men problems including heel pain, Achilles tendonitis, pain in the big toe and even breaks and stress fractures in some of the foot's 26 bones.

Dr. Michaels recommends men shopping for a man sandal – or “mandal” as some people call it – look for a sturdy, cushioned, supportive sole and padded straps. Men with diabetes should consult their foot and ankle surgeon before wearing sandals.

Despite what many men may tell themselves, foot pain is not normal. Contact Dr. Michaels office at 301.797.8554 in Hagerstown or 301.418.6014 in Frederick to have your painful foot checked out by a surgeon who is educated, trained and experienced in treating foot and ankle conditions. Dr. Michaels belongs to the 6,000 member American College of Foot and Ankle Surgeons (ACFAS), a national medical association of foot and ankle surgeons. For more information on foot and ankle conditions, visit [www.rfainstitute.com](http://www.rfainstitute.com), the Reconstructive Foot and Ankle Institute, LLC website.