

Six Tips to Safely Wear Summer's High-Heeled Sandals

1. Avoid heels that are more than 2 inches high
2. Choose a wide toe opening over a narrow one
3. Opt for a wedge heel instead of a stiletto
4. Wear a comfy shoe in transit, switch to heel when you arrive
5. Avoid tight peep-toes to prevent ingrown toe nails
6. Wear heels sporadically, never every day

For more tips on women's
foot health and choosing the
right shoe for your foot,
visit our website at
tanglewoodfootspecialists.com