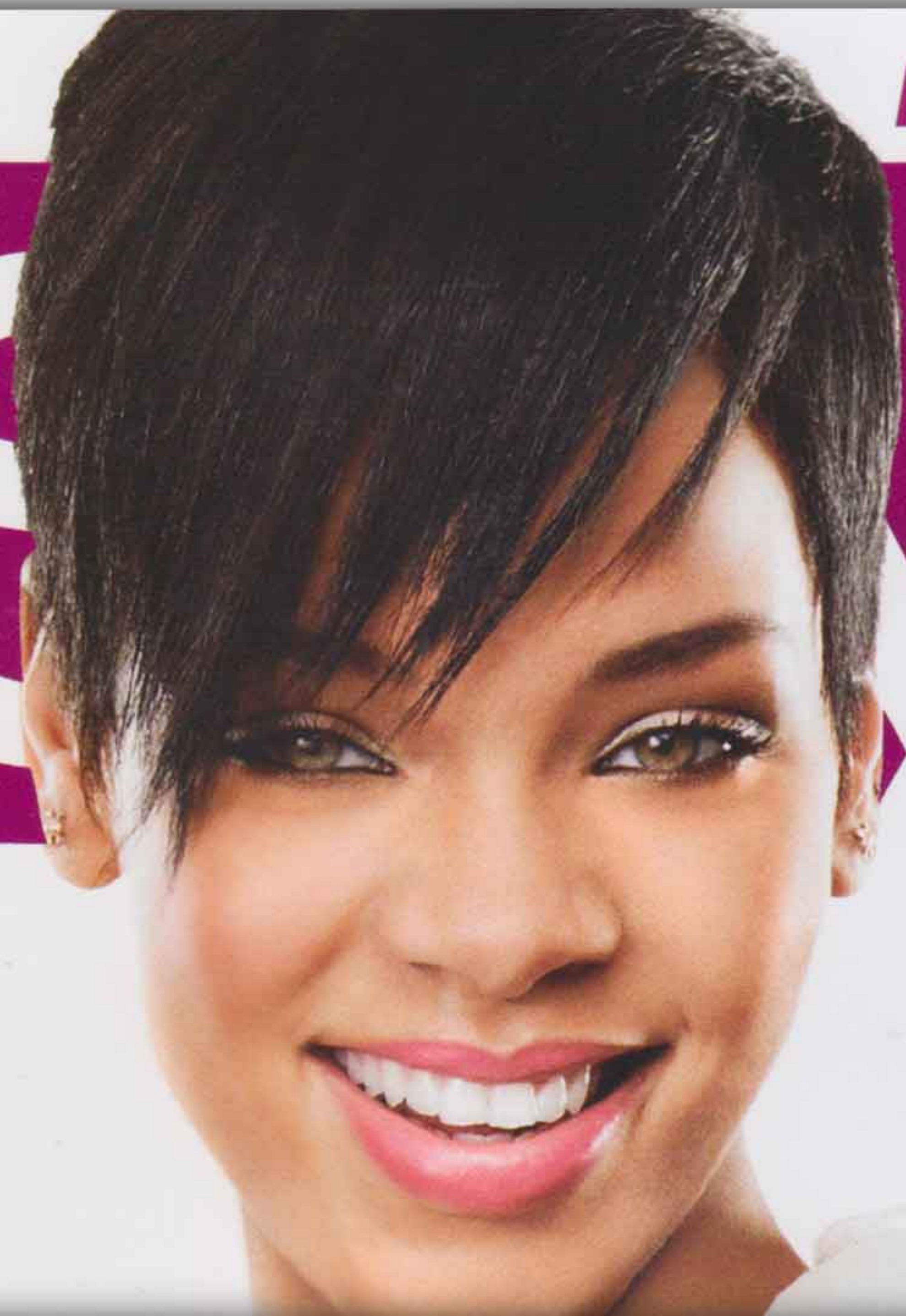


NEW! Shopping Section

InStyle



What to M an SU SE SM B B W W CO NE

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Beauty | Q&A

Q It seems like flip-flops make my feet hurt worse than high heels do. Is that possible?

A Definitely. According to N.Y.C. podiatrist **Oliver Zong**, swapping your stilettos for soft-soled flats can do more harm than good: "The lack of support means that your foot muscles have to work harder to help you maintain balance and keep the shoes on your feet," he says. Repeated stress to the foot muscles can eventually lead to plantar fasciitis, an inflammatory condition of the arch and heel sometimes referred to as "flip-flop disease." To avoid this, Zong suggests sandals that have arch support, at least one inch of cushioning and some kind of strap, such as Fit Flops (right). He adds that stretching your calves and arches before and after you walk in flip-flops can help alleviate discomfort. —**JOLENE HART**

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FIT FLOPS \$150;
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RIHANNA REVEALS Her Style Secrets & Tattoo Diary

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