



*Press Release*

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### **Summer Flip-Flops may lead to Year-Round Foot Pain**

*-Beacon Hospital's Physiotherapy Department warns of dangers of summer footwear-*

Summertime has finally arrived, and everyone is trying to keep cool by slipping into sandals, pumps and flip-flops. These lighter shoes, particularly flip-flops can cause painful and persistent foot problems that can otherwise be easily avoided.

“Although flip-flops are comfortable and convenient, they do not support the feet, particularly for the extensive walking that many people do during the summer months”, says Aileen Flynn, Physiotherapist and Orthotic Prescription Specialist at Beacon Hospital’s Physiotherapy Department.

“Unlike sturdy shoes, flip-flops aren't good for walking medium to long distances because they offer no arch support, heel cushioning, or shock absorption. Wearers can suffer foot pain due to lack of arch support, tendinitis, and even sprained ankles if they trip,” says Flynn, whose Department sees a significant increase in the number of people complaining of feet injuries when the weather is fine.

Wearing unsupportive shoes such as flip-flops, pumps and sandals can also contribute to knee, hip and back problems, which can lead to severe difficulties, particularly for those engaged in sport or labour intensive work. Most sports professionals wear individually prescribed orthotics to enable them to function at the highest level and make the most out of their foot position. Recreational sports people are also encouraged to wear appropriate footwear and supportive orthotics for their activity.

At Beacon Hospital, the Physiotherapy Department has a wealth of experience of examining foot position, injuries and mechanics and can prescribe individually tailored insoles that can support the foot in the optimal position – avoiding the potential negatives of inappropriate footwear. The Department prides itself on examining the intricacies of the whole body biomechanics in relation to foot position and providing a solid foundation for the rest of the body to operate safely.

### **About Beacon Hospital**

The 238,000 sq ft, nine-floor Beacon Hospital was opened in October 2006, and provides world-class acute care services, including heart surgery, neuro-surgery, and emergency medicine services. Beacon Hospital has eight operating theatres, two endoscopy suites and fourteen critical care beds. The eight operating theatres are divided into dedicated rooms for neurosurgery, urology, cardiac, general, orthopaedic and ophthalmic surgery.

Beacon Physiotherapy provide a comprehensive package of physiotherapy care, combining thorough assessments with hands-on treatment, education and self-help programmes.

Beacon Physiotherapy staff are all highly qualified chartered physiotherapists and dedicated specialists in their individual areas of physiotherapy. The approach is always research based and we are committed to providing patients with high quality assessments and treatments.

The Critical Care Unit is a fourteen-bed unit with individual glass-fronted cubicles, in order to ensure privacy and to minimise the risk of infection. The open plan design allows for visibility of all patients at all times.

Beacon Hospital opened its Consultant-delivered Emergency Department at Beacon Hospital in March 2007. Beacon Emergency Department is the first Emergency Department in the Eastern region attached to an independent hospital, giving patients immediate access to all of the major specialities on site, including some of the most advanced diagnostic and laboratory services available in the region, such as X-Ray, Ultrasound, CT, MRI, routine and specialised blood tests.

Beacon Cancer Centre offers an unparalleled range of cancer treatment and uniquely has key services such as diagnostics, surgery, chemotherapy, radiology, two state-of-the-art Linear Accelerators (LINACs), and follow-up under one roof.

The hospital has also introduced a dedicated Beacon Women's Centre, which encompasses the full spectrum of women's gynaecological needs in a modern environment, utilising minimally invasive procedures whenever possible, with a speedy turn around time for patients.

Beacon Hospital is the European showcase for General Electric (GE) equipment and is the only hospital in Ireland that has a full complement of the most advanced radiology equipment under one roof.

### **About UPMC**

UPMC, (University of Pittsburgh Medical Centre), is an integrated global health enterprise headquartered in Pittsburgh, Pennsylvania and one of the leading nonprofit health systems in the United States. As western Pennsylvania's largest employer with 48,000 employees and nearly \$7 billion in revenue, UPMC is transforming the economy of the region into one based on medicine, research and technology. By integrating 20 hospitals, 400 doctors' offices and outpatient sites, long-term care facilities and a major insurance plan, UPMC has advanced the quality and efficiency of health care and developed internationally renowned programs in transplantation, cancer, neurosurgery, psychiatry, orthopaedics and sports medicine, among others. UPMC is commercializing its medical and technological expertise by nurturing new companies, developing strategic business relationships with some of the world's leading multi-national corporations, and expanding into international markets including Italy, Ireland, the United Kingdom and Qatar. For more information about UPMC, visit our website at [www.upmc.com](http://www.upmc.com).