



# *Did you know...*

that Uggs aren't doing your feet any favors?

When worn regularly, the uber-popular, sheepskin-lined boots may make feet miserable.

UGGs can be ugly to your feet and ankles, causing pain and throwing your walk out of whack so problems extend to the knees, hips and back. The plush lining also can create an ideal breeding ground for foot fungus.

The bulky, hobbit-looking boots are so comfy-cozy that fans rarely take them off, but they weren't actually made for long-distance walking.

"UGGs have little to no arch support," explained Krista Archer, a podiatrist and foot and ankle surgeon in Manhattan. When flat-footed people slog around in a loose-fitting boot like UGGs, their ankles roll inward and their arches and tendons collapse outward with every step. (You can actually see the lopsided wear on one side of the rubber soles.) Archer is especially worried about the boot's roominess in the ankles and heels now that the boots are popular with both tweens and toddlers. (Baby versions of the boot run \$90.) "Kids seem to shuffle around in them," she pointed out. They make that irritating foot-dragging sound called the "UGG shuffle" by the Urban Dictionary. Skin infections like athlete's foot and dermatitis also can be a problem with UGGs, Archer adds, since bare feet can really sweat in the fur. She urges devotees to wear socks and spray the liner with an anti-fungal spray once a month.

For more information visit [www.nbcnews.com/health/body-odd/ugg-boots-shearling-agony-feet-f1C6437462](http://www.nbcnews.com/health/body-odd/ugg-boots-shearling-agony-feet-f1C6437462)