

Are High Heels Good For You?

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High heels have a dramatic effect on the posture of the wearer. Among other things, they add height, make people look slimmer and make the calf more defined. All these features which make high heels appealing are all for naught if they cause the wearer pain and discomfort.

There have been several studies examining the links between high heels and health problems, some of which include:

- 1) Back Problems : high heels tilt the pelvis forward and make the back arch, which can affect the correct functioning of the spine.
- 2) Excess strain on the knee : the body weight is shifted forward
- 3) Increased risk of ankle sprains : due to the instability of high heels (the heel area in contact with the ground is usually narrow) and the foot is in a raised and unstable position.
- 4) Shortening of the Achilles tendon and calf muscle : can result in pain and injury to the calf and tendon when wearing flatter shoes.
- 5) Increased risk of toe and toenail problems : Toes are pushed forwards into a cramped and tight space.
- 6) Burning sensation on the balls of the feet : due to increased pressure placed on the forefoot.

Though there are many inherent dangers with the wearing of high heels, it is inevitable that they will remain a part of society. The simple rule of thumb is that if you look after your feet most of the time with well fitting shoes, you can wear your high heels on those special occasions. Exercises and stretches prescribed by your chiropractor can also help reduce the long term affects of high heels on the body. Ask your podiatrist about **specialty made orthotics** which can be custom made to fit shoes **such as sling backs and high heels**, can make those killer heels more bearable.

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