



Leah's Health & Osteopathic advice

Party Feet

Wearing high heels

Wearing heels can cause a multiple of foot problems as they apply a huge pressure on your fore foot and can lead to a shortening of tissues on the sole of your foot which can result in foot pain.

Is wearing heels bad for your back?

Research has shown that wearing heels may result in a loss of spinal curvature and places more strain on your back.

Wearing heels alters your center of gravity causing all of your back muscles to over work, in order to counter balance your weight and stop you falling forward.

Is wearing heels bad for your posture?

This is a much debated question; there is a lack of research into this. Some recent studies suggest that, clinically, they can have a negative effect on your posture because of the reduction of the normal lumbar lordosis. (Less spinal curves which can put greater pressure on your back).

Research indicates that the greatest affect of wearing heels is compensation at the ankle and knees. This joint is normally very stable and together with the sacroiliac joints at the back of the pelvis make up the pelvic ring that allows transmission of load from the legs to the upper body when walking.

This condition may also be a result of pelvic misalignment.

Is there a limit to the length of time you should wear heels?

There is no limit some people can wear heels all day for years and suffer no ill effects whereas others, will walk in then for a few minutes and turn there ankle or get back pain, only your body can determine the limit.

However, due to the negative affect they can have on your posture it is not recommend to wear frequently and if you are not used to wearing them, wear them in gently. This is especially important as when you begin, you use muscles that you are not used too and these muscles will tire easily. This can result in you losing your balance and cause injury.

Top Tips if you "must" where them

- **To work:** don't commute in them, them in the office and slip them off when you sit at your desk...
- **To a party:** take a taxi or a spare pair of pumps in your hand bag

Self help tips

- Stretch calf muscles as they shorten in heels and will therefore fatigue easily which can cause your ankles to give way
- Strengthen calf muscles by performing calf raises.
- Roll out the balls of your feet mobilize your feet and ankles
- Work on your gluts and deep back muscles strengthen your abdominals and stretch and strengthen the quadriceps these have to work extra hard when in heels.

Leah
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