

# SIDESTEPPING THE HAZARDS OF HIGH HEELS

A high heel is defined as A HEEL HIGHER THAN 2"

You may love your fashionable high heels — but your feet don't. In fact, wearing those towering heels day after day can lead to **sprains, falls, backaches** and **more**.



Those most likely to be injured while wearing high heels are women in their **20s** and **30s**.

- **PUTS EXTRA STRESS ON YOUR KNEES**, which can lead to injury



You don't have to completely forgo **HIGH HEELS**.

### SWITCH UP YOUR STYLE

Don't wear heels all day and night. Put on more comfortable shoes, such as flats or sneakers, for walking.

- **AFFECT BLOOD FLOW** in your legs, possibly causing varicose veins

- **WEAKENS AND SHORTENS** the muscles in your calves and ankles, triggering pain in your back, knees and feet

- **WEAKENS ANKLE STRENGTH**, making sprains and other ankle injuries more likely

- **SHORTENS YOUR ACHILLES TENDON**, which means you also take shorter steps

- **CAUSES BUNIONS**, unsightly bumps on the side of your foot formed when the big toe is pushed toward the second toe

## STAY IN STEP WITH FASHION AND KEEP YOUR FEET COMFORTABLE BY FOLLOWING THESE TIPS:



**BUY LOWER-HEELED FOOTWEAR** heels that are wider and less than 2" high will give you more support and not affect your balance as much.



**CHOOSE SHOES** with a wide toe box and ample arch support.



**SHOP FOR SHOES** later in the day, when your feet may be slightly bigger.

For more information on joint pain, visit [premierhealth.com/ortho](http://premierhealth.com/ortho).

SOURCES: Arthritis Foundation, High Heels: Fashion Footwear or Safety Hazard?, Staywell Krames, 9/2015