

HIGH HEELS- IS THIS YOU(OR SOMEONE YOU KNOW)



THE BAD NEWS

More women are wearing higher heels, and for longer, and experts are increasingly concerned about the long-term damage they are doing to their feet.

Recent research suggests that up to a third of women suffer permanent problems as a result of their prolonged wearing of “killer heels”, ranging from hammertoes and bunions to irreversible damage to leg tendons. The knee and back also can be affected.

One in 10 women wears them at least three days a week, and a third of women have hurt themselves falling off their high heels. There are other consequences too. High heels make you raise your heel and as soon as you do that your centre of gravity is pushed forward. Then you bend your lower back to compensate for this and that changes the position of your spine, putting pressure on nerves in the back.

OTHER COMMON PROBLEMS

Another common problem is that the Achilles tendon – which runs up the back of the leg from the heel – becomes permanently damaged. Most women can avoid this by sticking to heels no higher than 3.75cm he adds. But 7.5cm or more can shorten the Achilles tendon – and you don't have to be wearing them every day, just more than once or twice a week.



Other common complaints include bunions, bony growths at the base of the big toe caused by tight, ill-fitting shoes and so called “pump bumps”, where straps and the rigid backs of pump-style shoes cause bony enlargement on the heel.

Many women also develop hammertoes, where tight-fitting shoes force them to crumple up their toes, shortening the muscles inside and leaving them permanently bent. The risks to today's teenagers are thought to be particularly great as they begin wearing high heels at an early age, before their bodies are fully developed.

They run the risk of hip trouble in adulthood and problems with back pain from the stress placed on their spines as youngsters.



SOME SIMPLE TIPS

To minimise the risks, choose a slightly thicker heel as this will spread the load more evenly. Wear soft insoles to reduce the impact on your knees – and make sure your shoes are a snug fit so the foot doesn't slide forward. Finally, wear high heels around the house for a few hours before you go out and do something more strenuous such as dancing.

BUT HERES THE GOOD NEWS!

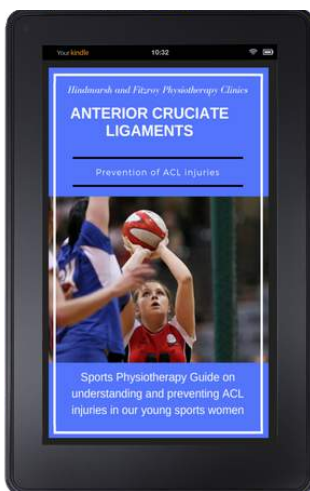
But it's not all bad news. Italian research suggests women who wear up to a 5cm heel may enjoy a better sex life. That's because holding the foot at a 15 degree angle – as with a 5cm heel – apparently increases the electrical activity in the pelvic muscles that play a vital role in sexual performance !

GET SOME PHYSIO HELP

Our Caring and experienced Physiotherapists have the skills to correctly assess your musculoskeletal problems and provide safe and effective treatment. Its is very tempting to think that its nothing and it will go away on its own, but early treatment can be the key to a quicker resolution if youre suffering with persistent pain.

If you are in the Adelaide area, you can book an assessment with one of our experienced physiotherapists in Hindmarsh and Prospect by calling our Physiotherapy clinics on 83462000 and 83422233. Let us help you to move better and feel better.

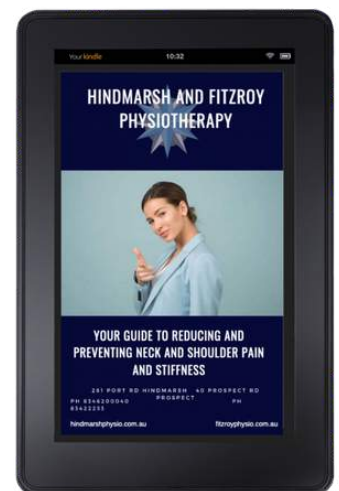
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