

THE HIDDEN DANGERS OF HIGH HEELS



CORRECT POSTURE

Spine is fairly straight.

Calf muscles are relaxed.

Bodyweight is evenly distributed throughout the foot.



EXAGGERATED POSTURE

Chest is pushed forward.

Lower back is curved.

Hips are pushed forward, extra pressure on knees.



The higher the heel, the more pressure there is on the front of the foot.

Knee Pain:

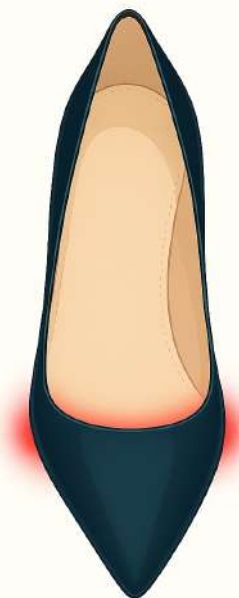
The unnatural posture caused by high heels places excessive stress on the joints, leading to pain, stiffness, and even joint locking. Over time, this added strain can increase the risk of developing knee osteoarthritis.

Ankle Sprains & Fractures:

The elevated and unstable foot position in high heels increases the risk of loss of balance, leading to twists, sprains, and fractures.

Toe Deformities:

Tight, narrow toe boxes can compress the toes, contributing to hammertoes, bunions, corns, and ingrown nails.



This type of shoe provides minimal room for the toes to extend.



BUNIONS occur when added pressure and shifting weight fall unnaturally on the joint.

Metatarsalgia:

High heels shift body weight forward, placing excess pressure on the forefoot, which can lead to pain and inflammation in the ball of the foot.

Postural Problems:

Wearing heels shifts the center of gravity forward, forcing your body to compensate to stay upright, misaligning your spine and joints. This increases the risk of curvature disorders and chronic lower back, neck, and shoulder pain.



TIGHTENED RELAXED

Calf Muscles Strain:

Prolonged use of high heels can cause permanent shortening and tightness of the calf muscles, leading to pain in the forefoot, knees, high and lower back.

Achilles Tendon Problems:

Wearing heels regularly can shorten and stiffen the Achilles tendon and calf muscles, increasing the risk of tendonitis and painful tightness.

Haglund's Deformity:

Certain pressure from straps or rigid heel counters can lead to Haglund's deformity — a bony enlargement at the back of the heel, also commonly known as a "pump bump".

Plantar Fasciitis:

High heels position the foot downward, placing strain on the plantar fascia. This can lead to inflammation, irritation, and sharp pain in the heel and arch.