

# HEEL HAZARDS

High heels may be a way to put your best foot forward but doctors say they cause heel, ankle and back pain for one in 10 women. Just shifting to the right footwear can make a difference, though some may require treatment

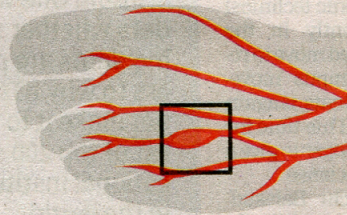
## POSTURE CHANGES



## ALTERS WALKING STYLES

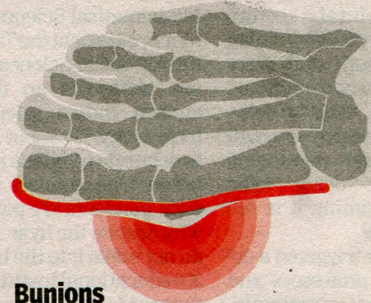


## PROBLEMS HIGH-HEELED FOOTWEAR CAN CAUSE



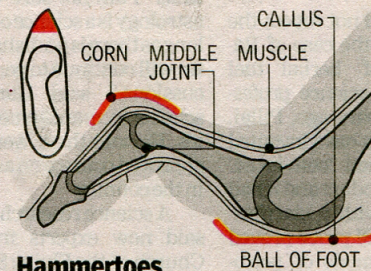
### Morton's neuroma

1 An injury to the nerves between the toes that causes pain. It can make walking difficult



### Bunions

2 A condition caused by narrow-toed high-heeled footwear. The big toe turns towards the second toe leaving a bump on the outside edge of the toe. It causes severe pain in the joint



### Hammertoes

3 The toes curl due to a bend in the middle joint, a posture change caused by heeled shoes. It gives the feet a hammer or claw-like appearance

### Ankle injury

4 High heels impair balance and increase risk of falls, which could lead to sprains or broken ankles

### Metatarsalgia

5 Pain and inflammation in the ball of the foot

## SAVE YOUR FOOT

There are various aspects of the shoe such as the toe, heel, sole, and arch that are kept in mind when designing shoes, says Nayantara Sood, founder & creative head, Taramay, a luxury footwear brand. "Before a style is finalised, the prototype is tested for a certain amount of time to judge comfort levels."

## CUTTING THE INCHES

Sood says that when it comes to flats, she makes sure there is a small rise at the heel so the foot gets a better cushioning. "In terms of heels, four inches is my limit," she says

## NO POINTS

Sood says that stilettos put more pressure on the spine as the heel has less surface area to support the body than in other styles. With platforms and wedges, the body is more evenly supported

## GROUND RULES

When buying, choose a smaller heel - like a kitten heel - or a chunky heel

When sitting at a desk, make sure to take your heels off and put your feet flat on the ground for a while

Always carry a pair of flats in your bag for when you are walking to or from work

At home, try and walk around barefoot as this splay the foot and relaxes the muscles



PATELLA FEMUR

TIBIA

GASTROCNEMIUS MUSCLE

SOLEUS MUSCLE

CALF MUSCLE

TIGHTENED

RELAXED

Graphic: Kamman Sundar