



Ontario
Chiropractic
Association



KICK UP YOUR HEELS!

Not only can those brand new high-heeled shoes cause pain in your feet, they can cause low back pain as well. In fact, poor footwear can cause difficulties in the feet, knees, hips, low back and all the way up the spine. Generally, the best shoes for your body are relatively flat and provide adequate support.

Try these tips to reduce the pain on those high-heels days.

Shopping for shoes

Shop in the afternoon or evening, as your feet tend to accumulate fluid and swell throughout the day.

Choosing a shoe

1. Choose a heel height that you can walk in gracefully. The effect of a high heel is easily negated by a clumsy walk.
2. Try to choose a shoe with a heel height of no more than 2 inches. It's a good compromise height that will still create the arched posture associated with high heels without sending you tipping out of them.
3. Avoid buying shoes with a recessed heel, as it is one of the most unstable heel styles.
4. Avoid shoes with many thin straps; these can dig into your skin causing pain and swelling.
5. Ensure that the shoes have good support for the arches of your feet.

Give your feet a fighting chance

1. Place a cushioning pad into the front of the shoe to pad the balls of your feet. This will also help keep your toes from getting wedged into the front of the shoe.
2. Take a break from your heels now and then. Slip off your shoes discretely and stretch some of the tensed muscles. Wiggle your toes and make circles with your ankles to help increase circulation.
3. Finally, after a long day or evening on your feet, give them a break. Wear a low, comfortable shoe the next day to rest your muscles. Soak your feet in warm water or give them a nice massage.

