

HEALTH & FITNESS

The Newsletter About Health and Caring For Your Body



My Shoes are Killing My Feet

Life happens from the ground up, so what we wear on our feet makes a big difference. If our feet are not well supported, it changes the position of our entire body; from our ankles, to our knees, hips and back. Comfort and the latest trends in fashion design have a great impact on our feet and how good our body feels. We will look at on of today's common shoes and how they affect our feet.

High Heel Shoes



In short, high heel shoes are killer on the feel. If there was 1 shoe that had all the wrong things wrapped up in one... its these. If you look at the x-ray of the foot in the shoe, you will see that the toes are hyper extended, the foot is pointed to a great degree which puts the body weight on the toes, instead of the heel, when walking and while in the shoe the Achilles tendon is shortened. In addition, the toes are crammed into the small shoebox and the height of the shoe will greatly changes the pressures at the knee and back. Wearing high heels on are regular basis can lead to the following injuries: numbness/tingling in the toes (neuromas), corns and bunions due to the toes being crammed into the shoe, ankle sprains due to the foot position, Achilles tendonitis/bursitis, plantar-fasciitis and Achilles tendon tears; these will result when the person goes from wearing high heels to flat shoes. The Achilles tendon, which is shorted in the high heel, then has to fully lengthen in flat shoe.

Preparing to Wear

Now just because we know they aren't the best shoe to wear, doesn't mean you are going to stop wearing them. Like anything we do, we should just prepare in advance. So if you are someone who wears high heels on are regular basis, there are some exercises and activities that you can do to help minimize your chances of injury: calf stretches, hamstring stretches, "eversion" exercises (for lateral ankle strength), calf raises and massage the bottom side of the foot keeping the tissue flexible. Be sure to check your feet for calluses on the toes and heels. Keep them shaved down. Large calluses will further increase the amount of pressure that is placed on the foot in the shoe. Take a couple minutes to stretch before wearing them and then after taking them off.

If you or someone you know is suffering with pain, call us to learn how Orofino Physical Therapy can help!

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