

# High Heel Hurt?

A photograph of a woman's legs from the knee down, wearing red high-heeled shoes. One foot is on a grey upholstered chair, and the other is on the floor. The background is a bright, modern interior with white shelves holding books and a clock. A red vertical bar on the right side of the image contains white text.

Tips on wearing high heels

'High' heels can become 'killer' heels causing problems ranging from blisters, corns and calluses to serious foot, knee and back pain. But as they're a party essential, rather than wagging the finger in caution, we are offering words of wisdom to help you and your feet:

- Keep high heels for special occasions
- Save backless high-heeled shoes for evening glamour. Backless shoes force your toes to claw as you walk, straining the muscles if worn over a long period
- Calf stretches help to keep feet supple and keep a good range of movement. To stretch your calf and heel, stand facing a wall with feet hip width apart and slightly bent at the knee. Take one step forwards, and using your arms to lean against the wall, keep your leg in front bent and the leg behind straight. Both feet should be flat on the ground. Lean in towards the wall, as you do, you should feel your muscles stretching in your calf and heel. Hold for about 20 seconds and slowly return to a standing position. Do this with each leg about 5 times
- Vary shoe types and heel heights from day to day, one-day wearing low heels, and the next day slightly higher heels. For everyday use, keep heel heights to about 4cm
- If you have a problem with your feet, seek advice from an HPC registered podiatrist/chiroprapist. To find one, contact your GP for an NHS referral or visit [www.feetforlife.org](http://www.feetforlife.org) for a list of private practitioners.

Pavers *Shoes* have teamed up with the Society of Chiroprapists and Podiatrists to promote good foot health. For more information on how to take care of your feet, please see [www.feetforlife.org](http://www.feetforlife.org)



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