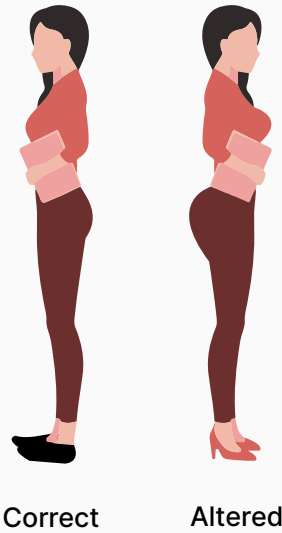


## EFFECTS OF WEARING HIGH HEELS

When wearing heels the centre of mass in the body is pushed forward resulting in the hips and spine becoming maligned. Combined with this is the altered position of the feet which places pressure through the forefoot. Prolonged use of heels can cause deformities of the forefoot.



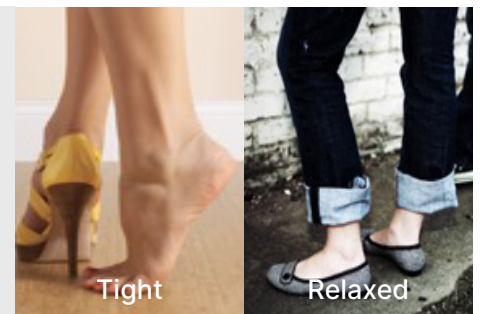
### Bunions

Tight fitting shoes can cause what appears to be a bony growth to develop at the joint at the base of the great toe. As this deformity progresses the toe will begin to deviate toward the lesser toes, resulting in pain.



### Achilles Tendon Tightness

When the front of the foot is forward in a shoe and the heel placed on an angle extra pressure is placed at the Achilles tendon. The higher the heel the shorter the tendon becomes, often resulting in pain. This also effects the calf muscles (gastrocnemius and soleus) in the same way.



### Hammer Toes

When shoes with a narrow toe box are worn it limits the amount of space for the toes to comfortably fit. If used regularly, these shoes can cause the muscles in the 2nd, 3rd and 4th toes to stiffen and, eventually, the toes are unable to be straightened.



If you are concerned that this condition may apply to you, you should mention your symptoms during consultation with **Dr. Gordon Slater**