

## High Heels, Who Needs Them?

High-heeled footwear raises the heel of the foot significantly higher than the toes. Many women love wearing high heels and many won't be seen wearing anything else. They love the way it makes their legs look longer and how it accentuates the appearance of their calves. It makes them appear taller, their feet appear smaller and can make the gluteal muscles look more defined. Wearing high heels changes the wearer's posture as they require a more upright carriage and they alter the gait to what is considered a seductive fashion. They force the back to arch, pushing the bosom forward and the buttocks back, thereby accentuating the female form.

But wearing high heels long term can cause a multitude of problems. High heels are uncomfortable and make walking more difficult than usual. they can cause an unsteady gait, can shorten the wearer's stride and can make the wearer unable to run . Walking in heels puts a tremendous amount of pressure on the joints. It starts with the squeezing of the foot inside the shoe then the jarring of the knees as they're locked straight upon the pole-driving impact of the heel. This then travels straight up the spine all the way up the neck.

High-heeled shoes slant the foot forward and down while bending the toes up. The more that the feet are forced into this position, the more it may cause the achilles tendon to shorten. This may cause problems when the wearer chooses lower heels or flat-soled shoes. When the foot slants forward, a much greater weight is transferred to the ball of the foot, increasing the likelihood of damage to the underlying soft tissue which supports the foot. In many shoes, style dictates function, either compressing the toes, or forcing them together, possibly resulting in blisters, corns, hammer toes, bunions and deformities , most of which are permanent, and will require surgery to alleviate the problem and the pain.



Level 1, 156 Maroondah Hwy  
Ringwood 3134  
9870 4050



Because high heels cause the foot to be tilted forward it puts pressure on the lower back through making the pelvis tip forwards, compressing the lower back vertebrae and contracting the muscles of the lower back. The altered forces at the knee caused by walking in high-heels may predispose the wearer to degenerative changes in the knee joint. Women who wear high heels frequently have a higher incidence of degenerative joint disease of the knees. This is because they cause a decrease in the normal rotation of the foot which puts more rotation stress on the knee.

PTO

### TRAINER OF THE MONTH!

Studio Glo is now starting a trainer of the month award. To vote for your favourite trainer of the month simply place your vote in the allocated box next time your in the studio. You can vote for any of the trainers, not just your usual trainer, and it can be for any reason.

One of the most critical problems of high-heeled-shoe design involves a properly constructed toe-box. Improper construction here can cause the most damage to one's foot. Toe-boxes which are too narrow force the toes to be "crammed" too close together. Wide heels do not necessarily offer more stability, and any raised heel with too much width, induces unhealthy side-to-side torque to the ankles with every step, stressing them unnecessarily, while creating additional impact on the balls of the feet. Thus, the best design for a high-heel is one with a narrower width, where the heel is closer to the front, more solidly under the ankle, where the toe box provides room enough for the toes, and where forward movement of the foot in the shoe is kept in check by material snug across the instep, rather than by toes jamming together in the toe box.



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

Foot specialists, osteopaths, chiropractors, myotherapists and remedial therapists will argue that any heel causes unnecessary stresses on the various bones and joints of the foot. Podiatrists often comment that 75 percent of their business is caused by females wearing tall high heeled shoes.



So I'm sure that we'll agree that wearing high heels has a negative impact on our bodies. If you must wear them then try and limit the effects by wearing them for limited amounts of time. Wear runners if you are walking long distances then change into your heels at your destination. Stretch your calf muscles before and after wearing high heel shoes and try and wear shoes which aren't too tall or narrow. Use a golf ball on the underside of your foot to work into trouble spots and talk someone into giving you a foot massage to keep your feet nice and flexible. The best thing though is to wear shoes that are as flat as possible which minimises any discomfort or problems that could arise or be exacerbated from wearing high heels.

Kylie

### Tasty Beef Stew

Approx cooking time 2 hrs

- 1 large casserole pot
- 1 kg gravy beef
- 4 sweet potatoes peeled and cut into half
- 1 litre of beef stock
- 3 carrots peeled and cut into rings
- 1 cup of peas
- 1 diced onion
- 1/4 cauliflower cut into good size pieces
- 1 dessert spoon of oil
- salt and pepper
- 1 can of copped tomatoes

#### Method:

- Heat oil in pot add sautéed onion
- Cut beef into chunks removing any fat and add beef to cook until sealed.
- Add stock, potatoes, carrots, cauliflower, salt and pepper and top up with water until fully covered. bring to boil then simmer.
- When sweet potatoes are soft add peas and gravy.
- Continue to simmer until thick.

Kylie

