

Be careful when wearing high heels

The harm caused when wearing high heels in the long run is huge that not everyone knows.

High heels can make your legs slim and bring confidence and elegance to women. The beauty of wearing high heels is unmistakable and no woman can refuse the temptation of high heels, but the damage done to wearing high heels in the long run is so great that no one can. also know.



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Harm of wearing high heels often

1. Nearly a third of women who wear high heels regularly suffer from this type of fashion, from painful, inflamed toes to irreversible tendon damage.
2. Many problems can occur at the same time because the weight of the body is placed on the joint just in front of the big toe. The higher the shoe, the greater this pressure. Knees and back may also be affected.
3. High heels cause your knees to rise and your body's center of gravity is shifted forward. As a result, your lower back has to curve a little more to compensate for this, and that changes the position of the spine, increasing pressure on the dorsal nerves. This position causes pain where the nerves are flexed.
4. Another common condition is permanent damage to the Achilles tendon that runs from the shoe to the bottom of the foot. This tendon is made to stretch, so that the leg can be straightened or flexed. But wearing high heels for a long time causes the Achilles tendon to shorten and so when you switch to flat shoes, this tendon has to stretch again causing pain.
5. There are 70-year-old ladies who still have to carry around in high heels all day because they can't wear flat shoes anymore, they will have unbearable pain.
6. Other problems with wearing high heels are heel pain and hooked toes. For teenage girls, wearing high heels is especially dangerous because their bodies are not yet fully developed.



Harm of wearing high heels often

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1. To reduce the risk when wearing high heels, experts recommend choosing shoes with thicker soles because it will help spread the weight of the body. Use shoes with soft soles to reduce impact on the knees.
2. You can also avoid harm by wearing shoes with heels no higher than 4cm. Shoes 7cm or more can shorten the Achilles tendon and you should not wear it all week, only 1-2 times per week.
3. Make sure the shoes fit properly so that the foot does not slide forward, which increases the pressure on the toe.
4. Finally, wear heels around the house a few hours before going out, because it will give you time to get used to them before trying vigorous activities like going dancing.

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