

The formula for calculating the height of appropriate high heels to no longer suffer from foot pain

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Wearing shoes that are too high for long periods not only makes your feet hurt but also causes the skeleton to be affected and causes back pain. The cause of this situation may be because you have not chosen the right shoes with the right heel height.

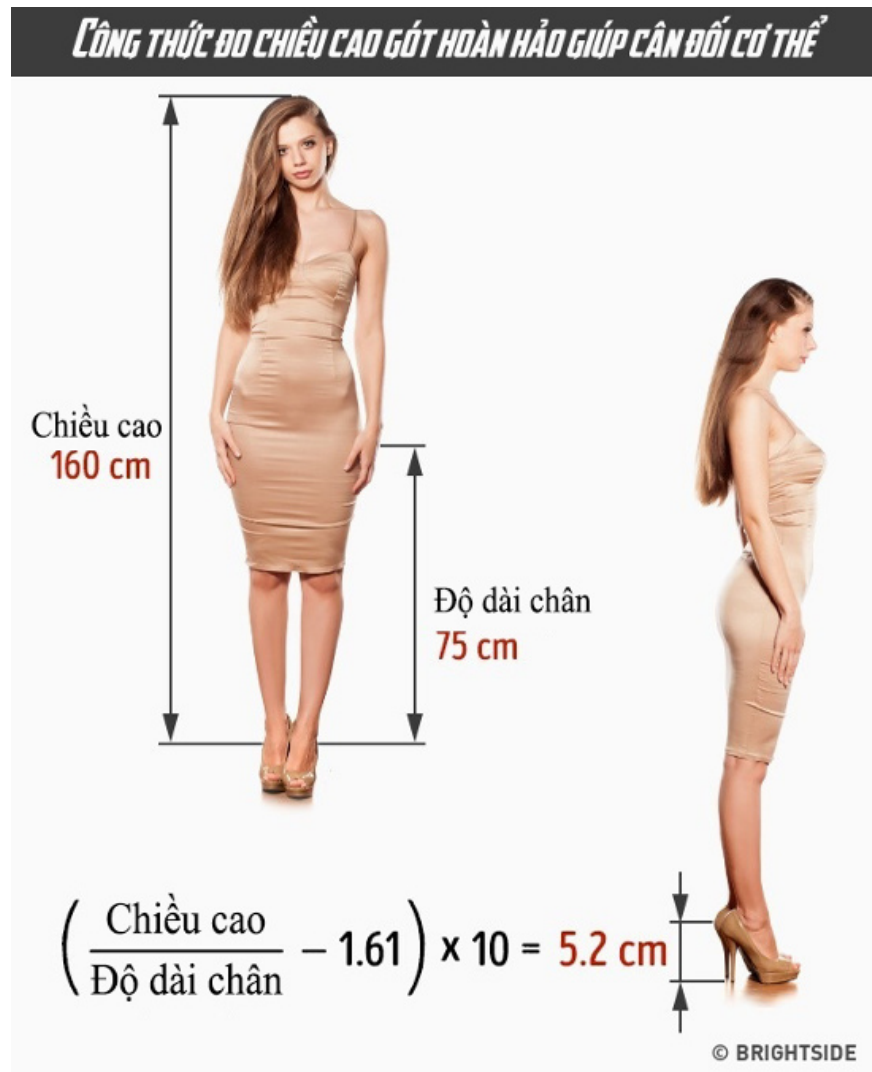
So, how to measure and choose for yourself a pair of shoes with a height suitable for each different situation when used to limit this situation?

1. The formula measures the height of heels when using shoes regularly



This measurement formula will help you determine the height of the best heel for you to use high intensity shoes. Doctors also recommend that if you wear high heels every day, you should use shoes that are under 4 cm tall.

2. The formula for measuring the height of shoe heels helps the body balance



This formula helps you determine a high enough heel to create an ideal ratio between leg length and height and has the best fit.

3. Formula to measure shoe height when standing long



This recipe will help you find the ideal tilt of the shoe when you have to stand a lot in parties. You can also reduce them if you move less comfortably!

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