WELL-HEELED
WHEN IT COMES TO SHOES, HIGH HEELS ARE THE #1 CULPRIT OF FOOT PAIN

THE AVERAGE WOMAN OWNS 9 PAIRS OF HIGH HEELS

71% OF WOMEN WHO OWN HIGH HEELS SAY THESE SHOES HURT THEIR FEET

HIGH HEELS CAN CAUSE INJURIES

Wearing heels daily can cause your Achilles tendon to shrink, putting you at greater risk of an injury when doing any activities while wearing flats, including exercise.

Any heel over two inches in height results in a shifting of your body weight forward, putting incredible pressure on the ball of your feet and toes.

PREVENTION: MAKE SMARTER SHOE SELECTIONS

- Cushioning at the front of the shoe
- Generous toe box area
- Heel height of two inches or less
- Slight heel or wedge encourage your arch to lift
- Pointy, closed toe
- High stiletto
- Crowded toe box
- Excessive wear on heels or soles
- Requires “breaking in”

ALTERNATE BETWEEN DIFFERENT TYPES OF SHOES

<table>
<thead>
<tr>
<th>To/from work</th>
<th>At work</th>
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<tbody>
<tr>
<td>Flats</td>
<td>High heels</td>
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LIMIT TIME WEARING HIGH HEELS

23%

SHOES THAT CAUSE THE MOST PAIN

| High heels | 71% |
| Barefoot running shoes | 27% |
| Boots | 26% |
| Flats | 23% |
| Flip Flops | 23% |

Feet shouldn’t hurt all the time. Persistent foot pain can be an indication of injury, irritation, or illness. See a podiatrist for more treatment options, or a custom prescription orthotic for proper alignment. Visit APMA.org to find a podiatrist near you.