

How to Wear High Heels Pain Free!

Some high heels can be healthier for your feet than flats. For people who have excess pronation which is a condition that causes the foot to flatten and can lead to heel pain, knee and lower back pain, the solution can be a shoe with a slight heel. Ballet flats can increase pronation as it stretches out the calf muscle causing the foot to buckle or flatten. Further, the flimsy shoe construction allows the foot to collapse and doesn't support the arch.

When shopping for stilettos make sure the heels are of moderate proportions, not the towering Lady GaGa variety. Save those for dinner dates where you will be sitting.

Purchase a well-constructed "quality" shoe, especially those that have shock absorbing materials in the ball of the foot. Also, only wear your highest heels for only short periods of time and if you want to wear these high heeled shoes daily then take another pair of more comfortable shoes to get form and to work. Wear your higher heeled shoes while sitting at your desk.

The higher the heel the more weight is shifted to the front of your foot so you can beat this trick by choosing a shoe that fits the contour of your foot so the weight is shifted to the entire surface of the foot not just the ball of the foot.