

## How to enjoy healthy feet despite high heels

Our feet carry our weight all day every day. They have to be dynamic and sustain unhealthy foot wear. Often, we worry about the beauty of our feet and nails and forget, how important they are for our well-being. Tension in the neck and shoulder area are often linked to heightened tension in the foot sole or a reduced arch of the feet.

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Heels tilt the pelvis forward, increasing the arch of the lower back and pressure on the forefoot, knees and thighs. They lead to short calves, tense muscles in the back of our thighs and back.

When the pelvis tilts forward, the organs are no longer aligned in the pelvic bone and the stomach muscles become flabby. Those suffering from intestinal problems or constipation should consider their shoes. The head becomes misaligned, often leading to tension in the neck muscles.

Everyone talks about fascial tissue these days. They are not a new discovery. Recently, the industry has accepted the importance of this connective tissue in regard to strength, illnesses, pain and performance. Permeable, flexible yet «tensegral» fascia supports an optimal metabolism.

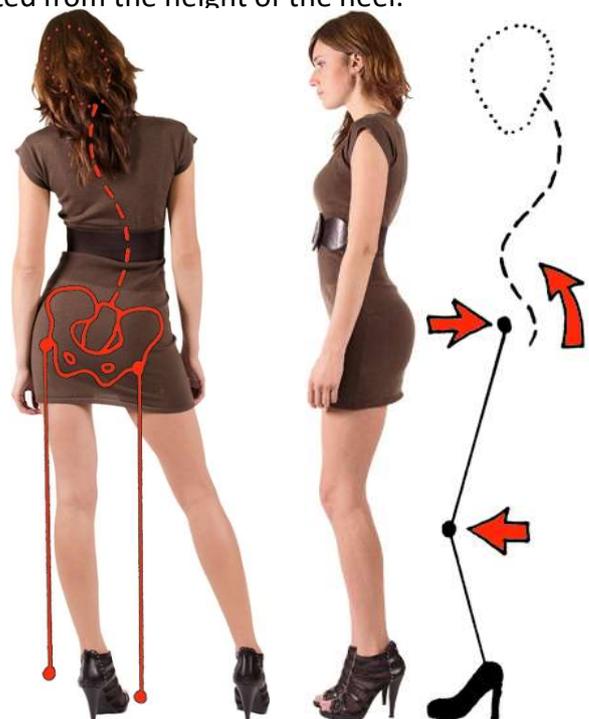
As the foundation of our body, the position of the foot including heel has a continual effect of all parts of our body.

Starting at two cm heels, the pressure on the forefoot is increased. 2 cm increase the pressure by 22%, 5cm by 57% and 9 cm by 76%. The height of the plateau can be deducted from the height of the heel.

Plateaus limit the ability of the forefoot to produce the movement to push forward. They are a good solution for cocktail parties or longer periods of standing, since they mathematically reduce the height of the heel.

When wearing high heels, we must improve the strength in our hip muscles, as well as that of the pelvis and the upright position of the pelvis.

High heels can give our walk an air of tallness, aesthetics, self-confidence and physical awareness. As a physiotherapist, I don't demonize high heels. Wearing them on a daily basis is not recommendable. Choose your events carefully, limit the duration and frequency of wearing them and give your feet and body a chance to recover in flat shoes.





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After removing your heels, give your feet a few minutes to re-obtain balance and health.

### Exercise 1:

#### Goal:

Stretching of foot sole, plantar fascia and toe muscles

#### Execution:

Toes stretch against the wall, push the feet down into the ground and hold for 30-60 seconds. This also alleviates pain if you done while wearing high heels for a long time. Just remove them and do this exercise before putting them back on.



### Exercise 2:

#### Goal:

«Separate» long and short foot muscles

#### Execution:

Lay in bed, push heels down (stretching calves) and simultaneously roll in forefoot and toes. Then extend the forefoot and pull your toes towards you. If possible, change movement every second, repeat 30 times.



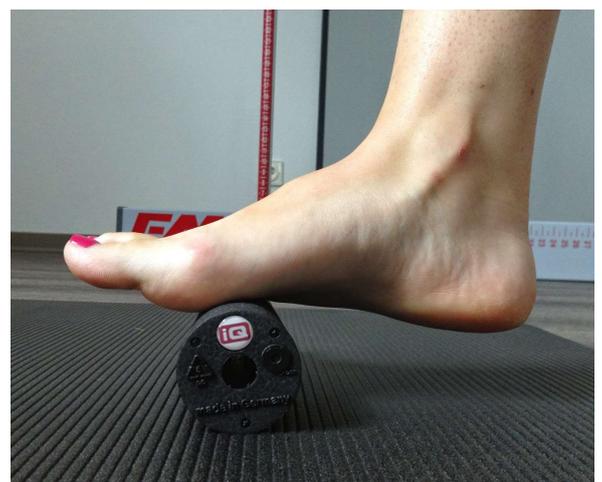
### Exercise 3:

#### Goal:

Treatment of the fascial tissue, increase circulation, limit flattening of your sideways arch

#### Execution:

With medium pressure in various speed and angles, roll over the black roll, especially under your forefoot and where your muscles attach to the front part of your heels. Continue until the pain from the pressure stops. An ideal test is to bend forward reaching with your fingers to your toes before and after doing this exercise. Often, your mobility changes by around 10 cm, showing the power of fascial tissue.



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These exercises do not include strengthening of your foot muscles. They are only a small selection. Book one of my foot-leg workshops for your company or friends, or a personal consultation, to get more exercises.

### Recommended products:

For the foot sole:

<https://www.blackroll.ch/produkt-kategorie/mini/>

For the back:

<https://www.blackroll.ch/produkt-kategorie/duoball/>

Acupressure mats: place it under your back and lay on the ground, raising your feet, for example place your lower legs on a sofa or chair. Best to do this without any clothing, placing your naked back directly on the mat. Increase time slowly to 40 minutes.

Stand and walk on the mat sitting down. Advanced level: use the mat to stand on it with bare feet, for example in the bathroom or while ironing.

<http://www.gesundundgluecklich.ch/>

Alkaline bath (against acidity)

- 1) Two to three soup spoons in the bath tub. Take a bath in about 38 degree warm water for about 20 minutes.
- 2) One soup spoon in a basin, bath your feet.
- 3) Soak an old pair of cotton socks in a bit of water. Mix 1 soup spoon of Restorate in a bit of water, apply to your feet and put on the damp sock. Put a pair of dry socks over them and wear them over night.
- 4) Drink a Fitline Restorate before and after a cocktail party.

Online Shop:

<http://www.pm-international.com/ch/shop/nahrungsergaenzung/nahrungsergaenzung/basisversorgung/restorate-citrusdose/?TP=293513&lang=de>

Restorate in other flavors for drinking:

<http://www.pm-international.com/ch/shop/nahrungsergaenzung/nahrungsergaenzung/basisversorgung/restorate-exotic/?TP=293513&lang=de>

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