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## What About Your Feet?

### BWC Women's Health Series

#### *What about our feet?*

Women have crammed their feet in shoes too small (remember Cinderella?), stood all day long like a ballerina in spike high heels because we like the way we look and it is the style, and suffered through many a long shopping trip realizing the shoes that seemed comfortable when we began the day are grinding our toes and shooting pain with each step.

Sound familiar?

That's why we wanted to make sure the as a part of our BWC Health Series, we found some experts to talk with us about our feet!

And we found Dr. Hillaire, owner of Allied Podiatry. He calls it the crowded shoe syndrome. Here's what he had to say.



#### ***The Crowded Shoe Syndrome***

*Dr. Hillaire is owner of Allied Podiatry with several locations in Indiana. You can contact him at 317-472-0826*

Women and men often complain that their feet don't feel quite right in their dress shoes. But the torture and sacrifice continue just to satisfy the need to look right in that particular dress or suit. The most common ailments include the following maladies: The Pinch Callus, defined as callus tissue on the medial aspect of the great toe, with the toenail border that is ingrown as a result of shoe pressure. The second most common problem is a corn associated with the little toe as well as a three callus formation on the outside of the nail called a Listers corn.

In the above mentioned maladies, it is very common to have a second toe that seems to hang over the shoe in women's high heels. This is because it is too long and often has a hammertoe deformity along with a corn formation. As if this were not enough, you may experience tingling and numbness between the third and fourth toes. The culprit is a neuroma that results from crowding of the metatarsals, and is also increased pressure on the ball of the foot from wearing high heels.

I am Dr. Hillaire. With my innovative and minimally invasive techniques, I can correct the pathology of the Crowded Shoe Syndrome. With the quickest recovery time possible, you can be back on your feet in a matter of days, not weeks! That's what I do!

Not only can there be specific medical procedures to get your shoes fitting more comfortably, in our research we also learned that the way we lace up is important.

Even though we know our feet feel better in tennies, even then there are better ways to wear them.

Here's an article we found through BNET on how to get the best fit!

#### **Making Your Athletic Shoes Fit Better**

A lot of women are discovering what their mothers never told them about lacing their sneakers. There are techniques that can help prevent foot problems later in life.

"Most women's athletic shoes are just scaled-down versions of men's shoes, resulting in a fit that is not proportional to most women's feet," notes Carol C. Frey, associate clinical professor of orthopedic surgery, University of Southern California. "Women have a different shape to their feet than men and when manufacturers do not properly adjust the shoe's last (the foot-shaped form over which the shoe is made), it means problems for women's feet."

One way to avoid difficulties with ill-fitting shoes is to learn certain lacing techniques. They should buy athletic shoes with a large number of eyelets. "The more eyelets on a shoe, the easier it is to adjust the laces for a custom fit."

Those with narrow feet can make their shoes fit better by using only the eyelets set farthest from the tongue of the shoe. "This technique brings up the side of the shoe tightly across the top of the foot." Women with wide feet should tie their shoes by using only the eyelets closest to the tongue of the shoe. "This gives the foot more space--like letting out a corset."

Women also have difficulty finding athletic shoes that properly fit their heels. "The shoe's last often is not designed correctly, so the ... heel is too big for a woman's foot." To prevent heel pain and blisters, Frey suggests tying the shoe, using every eyelet. When you reach the next to last eyelet on each side, thread the lace through the top eyelet rather than crossing over to the eyelet on the other side. This forms a

small loop. Thread the opposite lace through each loop before tying it. Make sure the top of the shoe is tied tightly, while less tension is used near the toes.

Frey offers a few steps women can take to protect themselves from foot injuries:

- \* Learn proper lacing patterns.
- \* When buying new shoes, try them on at the end of the day when your feet are largest.
- \* The forefoot should not be crowded so that your toes can extend.
- \* Make sure that there is a snug fit around the heel.
- \* Buy a shoe one-half inch longer than your longest toe.

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[Women's Feet and High Heels](#)

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