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News

Tread softly . . .

The high heel is the limb-lengthening, foot-destroyer fashion can't live without. But are some shoes more treacherous than others? Tread carefully when wearing any of these 4cm-plus styles for any length of time, says the Society of Chiropodists and Podiatrists.

The stiletto
The classic culprit. "Stilettoes are quite dangerous, simply because the narrow base where the weight goes is not supportive," says Lorraine

Jones, a spokeswoman for the Society of Chiropodists and Podiatrists. Instead, weight is thrown on to the ball of the foot, which may lead to callus, painful bunions, corns and deformity. Stilettoes push the centre of mass in the body forwards, causing the spine to bend backwards to compensate, which can lead to back problems. Unfortunately, they also increase height and attractiveness.



Mules
Save these backless high-heeled shoes for evening glamour, says Ms Jones. Backless shoes force your toes to claw, straining the muscles if worn over a long period.



ball of the foot, you can sprain your ankles in these," warns Ms Jones. "They can lead to shortening of the Achilles tendon. This is what is happening when you hear women who have worn high heels all their life, say, 'Oh, I can't wear flats — it's too painful'. They are the ones you see in surgery in excruciating pain when they come back from holiday having worn flip-flops for two weeks."



The classic court shoe
As soon as they break through the 4cm barrier, the court shoe presents problems, as weight remains distributed unevenly.



The fetishistic fantasy shoe
The platform ankle boots, designed by Oliver Theyskenshave, elevate the wearer a vertiginous 8in off the ground. A style best saved for the day that walking goes out of fashion.



Rollasole ballet flats
The £5 ballet flats — handily dispensed from vending machines in pubs and bars — lack the strap/lace over the instep, advised by the Society of Chiropodists and Podiatrists, but are a godsend for any girl lacking a boyfriend to carry her home.



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