

It's all connected.

High heels can harm more than just your feet.



Lower back:

Cascade effect from lower body stress pulls on your lower back, resulting in dull aches or sharp shooting sensations.

Pelvis:

Tense hamstrings pull on the pelvis, causing tightness in the gluteus maximus or sciatica.

Hamstrings:

Stressed hamstrings cause tightness that can limit range of motion and make the legs feel tender.

Calf muscles:

Tension in the Achilles makes your calf muscles shorten, resulting in shin splits or cramps.

Plantar fascia:

Inflammation here results in pain in the heel or bottom of the foot and a tight Achilles tendon.