

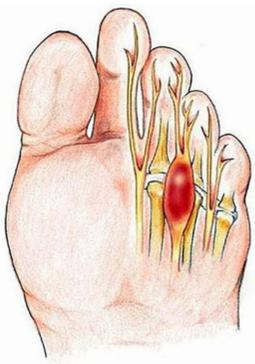
HIGH HEEL USAGE AND ITS ASSOCIATION WITH NERVE COMPRESSION SYMPTOMS IN MORTON'S NEUROMA PATIENTS

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“THE HIGHER THE HEEL, THE LOUDER THE NERVE SCREAMS!”

1 What's Morton's Neuroma?

A painful condition of the foot called Morton's Neuroma is brought on by a thickening of the tissue surrounding one of the nerves that lead to your toes, usually between the third and fourth toes (ball of the foot).^[1]



Morton's Neuroma



آگ لگے فیشن نو!

“When the pebble lives inside your foot.”

2 Common Symptoms:

- A burning or sharp pain in the ball of the foot accompanied by tingling or numbness in the toes.^[1]
- A "lump-like" sensation beneath the foot that gets worse in tight or high-heeled shoes.^[1]

5 Cure Methods

- Surgical excision.^[1]
- Options for padding.^[1]



3 Main Cause: High Heels

- High heels force body weight onto the forefoot, which compresses toe nerves.^[1]
- Tight toe boxes plus repeated compression result in nerve thickening and Morton's neuroma.^[1]



4 Prevention Tips

- ✓ Choose shoes with cushioned insoles and a wide toe box instead of high heels.^[1]
- ✓ Change up the heel height and give your feet a break after wearing them for a long time.^[1]

Prevention Tips



- Limit high-heel use



- ✓ Choose wide toe-box shoes



- ✓ Use cushioned insoles



- ✓ Alternate heel height

Fashion Fades, Footpain Stays

