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Effect of High Heels Footwear on Heel Leg Alignment and Ankle Flexibility among Hospital Working Professionals- Cross-Sectional Study

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Abstract

Introduction: High heels are described as footwear that is elevated than the front foot. The Spine Health Institute (SHI) says that 72% of women aged 18-49 employ heels, and 77% wear them for special events. Heel type and size can influence lower limb mechanics and prolonged usage.

Methods: 50 samples were included in the study based on the inclusion and exclusion criteria. The subjects' height, weight, and age were noted, and their BMI was calculated before the test. Then, a heel-leg alignment test and weight-bearing lunge test were conducted on the subjects and values were reported. The duration of the study was 4 weeks. The findings were analyzed statistically.

Results: Based on the presentation of the data using heel-leg alignment test and knee-to-wall test, it showed a significant reduction in the ankle dorsiflexion ROM in both the ankle and calcaneum valgus is noted on the right side than the left side.

Conclusion: It is concluded that there is a relationship between high heels footwear, leg-heel alignment and ankle flexibility (dorsiflexion) among hospital working professionals, with more changes shown on the dominant side.