“I just want to email you from the bottom of my heart for helping to heal my sciatica and low back pain! Going to two chiropractors did not help; as a matter of fact made matters worse! After three months of extreme pain I was going to give up until a friend told me about you! After weeks of seeing two different chiropractors neither one of them bothered to look at my shoes. YOU on the other hand noticed my shoes on my second visit and asked “HOW OFTEN do you wear these 4” high wedge heels?” I told you they were my staple for five years and six days a week. As soon as we finished my second session I put my heels back on and INSTANTLY FELT THE PAIN in my hip area which confirmed your theory on heels! “ Caryna N

The client lay prone on the massage table and the body presented a stress pattern to the right pelvis and down the entire right leg. The right pelvis was medially rotated rather than lateral causing a restriction at the exit of the sciatic nerve. The right foot and knee also presented a medial rotation. What we normally don’t look for when treating low back pain is the ankle joint and the Achilles tendon, Soleus muscle and Gastrocnemius muscle. With so many women wearing high heel shoes these days I find it necessary to treat whatever I find because these muscles affect the legs, low back, diaphragm, neck and eyes just because of the pressure that these muscles can hold. In this case the Achilles tendon was so extremely shortened and tight that it was embedded between the joint of the heel bone (calcaneus) and ankle bone (talus). The Soleus and Gastrocnemius muscles were very thick and heavy with lots of pressure within the fibers. These areas were all treated and the client felt no pain afterwards until the “Stiletto High Heels” were put back on.

Obviously the body presented the first layer of the yarn; however, we must still treat the Sesamoid bones under the ball of the big toe due to their involvement at the attachment at the base of the metatarsal of the big toe. Most likely there is a stress pattern at this location due to the longtime wearing of the 4” high wedge heels. Also, the tendons of the Flexor Halluces Brevis, Peroneus Longus, Tibialis Anterior and Tibialis Posterior need to be treated since these leg muscles attach to the same metatarsal and are involved in foot pain.

Here is a list of symptoms that can happen when the feet and ankles are in an elevated position for a long period of time: changing the foot-loading which causes an alteration in the low back muscle activation, affect the pelvic tilt resulting in a different walking pattern and raise the center of mass of the body affecting postural stability. Use wisdom as you enjoy the times that you do wear these types of high heels. On my website www.fassage.net will be more symptoms listed and exercises that you can do for prevention of foot pain. Tory Hawkes, Clinical Massage Therapist MM12956 MA37755