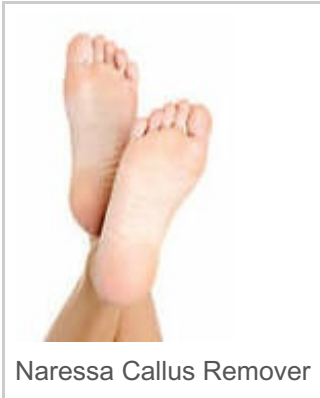


# Podiatrists Highlight the Techniques in Avoiding Foot Pain From High Heels

Natasha Edwards January 12, 2017



Naressa Callus Remover

**One of the best ways to deal with calluses is to simply use the electric callus remover from Naressa.**

([Newswire.net](#) -- January 12, 2017) Wilmington, DE -- High heels have long been a popular footwear choice for many women. As a matter of fact, there are many who just cannot live a day without wearing these fashionable pair of shoes. Unfortunately, the use of these shoes does not come without a price.

Podiatrists highlight the techniques in avoiding foot pain from high heels. Pain is the most common consequence of wearing this type of footwear. High heels are not just available at malls and boutiques but also at online shops.

According to Morris Morin, director of podiatric medicine at the Hackensack University Medical Center in the United States, women just love wearing high heels.

However, if this type of footwear is used all the time, it can result in significant foot pain. In addition to pain, there are other problems such as corns, bunions, and calluses.

According to the survey conducted by the American Podiatric Medical Association, 42 percent of women admitted that they would wear footwear despite of the fact that it gave them discomfort. The same survey also revealed that 73 percent of them reported already having shoe-related foot issue.

Healthcare providers recommend that people should take precautions and treat problems as early as possible. They should avoid using shoes that are too tight or those that constrict the foot's natural shape. These types of shoes are expected to cause foot pain.

Stuart Mogul, podiatrist, also reveals that when high heels are added to the equation, they can cause significant damage.

Foot restriction is not the only problem in wearing ill-fitting shoes, but it also increases the weight on the foot area that is restricted. The toes are not only crushed, but they are also burdened with extra weight.

Calluses are also one of the undesirable consequences of wearing such ill-fitting shoes. Callus formation takes place when the skin is constantly exposed to pressure or friction.

For many women, calluses can be unsightly. However, it is not only their appearance that is causing the problem but also the pain they could potentially cause. Hardened or thickened calluses can cause massive pain.

When they break open, they make the skin susceptible to infection. Calluses can also be a cause of inconvenience to women who constantly wear high-heeled shoes.

One of the best ways to deal with calluses is to simply use the electric callus remover from Naressa. This product has long been believed to be effective in safely, easily, and effectively buffing calluses ([www.amazon.com/Electric-Callus-Remover-Naressa-Electronic/dp/B015GJDW18](http://www.amazon.com/Electric-Callus-Remover-Naressa-Electronic/dp/B015GJDW18)).

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