



FootFacts* Press Release

For Immediate Release

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Sexy Shoes Can Cause Bone Bruising Pain

Fremont, OH – August 1, 2011 - According to a May 2011 study by the American Podiatric Medical Association, women who wear high-heel shoes with small toe boxes can experience serious foot pain that can lead to a number of foot, ankle, and leg problems.

The study found that 39 percent of the women questioned wear high-heel shoes every day and that 75 percent experience regular shoe-related foot pain.

The type of foot problems experienced are typically diagnosed as bunions, arthritic toes, calluses, hammertoes, and plantar warts.

In worst-case situations, women have described the pain as chronic and “bone bruising.”

“Podiatrists and orthopedic surgeons report that the problems increase with the height of the heel and the narrowness of the toe box,” says JoAnn Boston, market development manager with Crown Mats and Matting, a leading manufacturer of matting products.

Boston adds that heel height has always been a problem for some women wearing high heels, “but the narrowing toe box, which is currently in fashion, puts a lot of pressure on the toes and has even led to toe deformities.”

However, the study indicated that many of the problems reported occur gradually. Because of this, Boston believes there is a possibility they can be prevented.

Among her suggestions for women who feel they must wear high-heel shoes are these:

- Limit your time wearing high-heel shoes
- Select shoes with a wider or more flexible toe box
- Alternate between high, low, and flat shoes
- Look for thicker shoes that absorb shock when walking and put less pressure on the foot

“Along these lines, women who stand long hours at work should request that anti-fatigue matting systems be installed,” she says. “These systems cushion feet and provide a bounce that helps stimulate blood flow and minimize inflammation.”

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*FootFacts is a service provided by [Crown Mats and Matting](#) to help workers protect their feet and lower extremities, reduce pain, improve health, and enhance worker productivity.

About Crown Mats and Matting

For more than 60 years, Crown Mats and Matting has been a pioneer in the development and manufacture of matting products. Beginning with the invention of walk-off matting by the company's founder, R.P. Johnson, the company now has the most diverse matting product line offered in our industry. Crown sells matting through an extensive network of highly trained sales representatives throughout the United States and worldwide. These sales experts are familiar with the features and benefits of all matting systems and are able to help their clients find the right system for virtually any application.

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