

# Celebrity Shoes

## A Look at Hollywood's Elite Feet

As sure as night follows day, the ultimate sexy shoe styles that celebrities are wearing on their feet today will be purchased and worn by everyday fashion mavens tomorrow. But sporting the hottest shoe fashion often requires more than just a monetary sacrifice, as evidenced by a recent survey conducted by the American Podiatric Medical Association (APMA) stating that 82% of women say they are willing to sacrifice the health of their feet for fashion.

"Women can still wear great shoes and look sexy if they are smart about their shoe choices," says APMA member Dr. Jane Andersen. "Wearing fashionable shoes doesn't have to result in pain and discomfort. If you understand how an ill-fitting shoe can negatively impact your foot, in the end you'll be able to purchase shoes this season that are both sensible *and* stylish."

Recognizing that many are unwilling to trade in their heels for a pair of tennis sneakers, the APMA suggests the following guidelines for helping women from Hollywood to New York overcome the foot problems associated by wearing some of this season's latest styles.

Celebrity	Spring/Summer Shoe Style	Negative Impact on Foot Health By Causing	Why	Solution
 <p>Jennifer Aniston</p>	<p><b>Sling-backs</b></p> 	<ul style="list-style-type: none"> <li>• Blisters</li> <li>• Toe pain</li> <li>• Twisting of heel and ankle</li> </ul>	<ul style="list-style-type: none"> <li>• Tight strap chafes back of heel and foot slides forward in shoe, cramping the front of the foot</li> <li>• Heel moves from side to side causing significant instability</li> </ul>	<ul style="list-style-type: none"> <li>• Select well-fitting, low-heeled shoes with a wide or square toe box</li> <li>• Consider only wearing sling backs when extended walking or standing is not expected</li> </ul>
 <p>Reese Witherspoon</p>	<p><b>Flats, Slides, Ballet Slippers</b></p> 	<ul style="list-style-type: none"> <li>• Plantar fasciitis (arch and heel pain)</li> <li>• Pulling on achilles tendon</li> </ul>	<ul style="list-style-type: none"> <li>• Thin soles provide inadequate cushioning and foot support</li> </ul>	<ul style="list-style-type: none"> <li>• Don't wear these styles for long periods of time and avoid walking any great distance</li> <li>• Try cushioned inserts for shock absorption</li> <li>• Select a sole that does not twist excessively</li> </ul>

Celebrity	Shoe Style	Negative Impact on Foot Health By Causing	Why	Solution
 <p>Cameo ron Diaz</p>	<p><b>Flip-flops, Toe Ring Flats</b></p> 	<ul style="list-style-type: none"> <li>• Irritation between toes where strap fits</li> <li>• Callus and dead skin build-up around heels</li> <li>• Twisting of foot</li> </ul>	<ul style="list-style-type: none"> <li>• Materials rubs skin between toes</li> <li>• The edge of a backless shoe rubs against heel, creating friction that eventually leads to a callus</li> <li>• Lack support and shock absorption</li> </ul>	<ul style="list-style-type: none"> <li>• Choose flip-flops made of natural material such as soft, supple leather</li> <li>• Ensure shoe fits properly and foot doesn't hang off the edge</li> </ul>
 <p>Kelly Osbourne</p>	<p><b>Fashion Sneakers (Velcro, laces or no laces)</b></p> 	<ul style="list-style-type: none"> <li>• Arch and heel pain</li> <li>• Athlete's Foot</li> <li>• Foot odor</li> </ul>	<ul style="list-style-type: none"> <li>• Fashion sneakers typically do not have adequate arch support and tend to be too flexible</li> <li>• Worn without socks also increases the likelihood of contracting Athlete's Foot, which in turn, will create foot odor</li> </ul>	<ul style="list-style-type: none"> <li>• Wear shoes with laces and be sure to always wear a moisture wicking sock to keep feet dry</li> <li>• The amount of time these shoes are worn should be limited and should not be used for exercise</li> <li>• Select stable casual shoes by looking for soles that do not twist.</li> <li>• Insert an arch support for more stability</li> </ul>
 <p>Lucy Liu</p>	<p><b>Pointy Toes, Narrow Round Toes</b></p> 	<ul style="list-style-type: none"> <li>• Ingrown toenails</li> <li>• Hammer toes</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow cut of shoe squeezes toes and causes them to overlap one another, which pushes nail edges into the skin forming an ingrown toenail</li> <li>• This pressure can also result in a bony prominence on a toe which is often diagnosed as a hammer toe</li> </ul>	<ul style="list-style-type: none"> <li>• Take steps to prevent ingrown toenails by ensuring a proper fit when purchasing shoes</li> <li>• If a nail becomes ingrown, trim it straight across and gently file the affected edge with an emery board</li> <li>• See a podiatrist if any pain persists</li> <li>• Look for a shoe style with a deep toe box to avoid hammer toes</li> </ul>

Celebrity	Shoe Style	Negative Impact on Foot Health By Causing	Why	Solution
 <p data-bbox="152 594 310 617">Elle MacPherson</p>	<p data-bbox="391 233 618 285"><b>High Heels, Stilettos, Wedge Heel</b></p> 	<ul data-bbox="716 233 943 285" style="list-style-type: none"> <li>• Pain on ball of foot</li> <li>• Ankle sprains</li> </ul>	<ul data-bbox="997 233 1240 436" style="list-style-type: none"> <li>• Due to heel height, ball of foot absorbs the full amount of pressure on feet</li> <li>• The heel height can also cause feet to wobble, which may lead to ankle sprains</li> </ul>	<ul data-bbox="1281 233 1528 636" style="list-style-type: none"> <li>• Use a padded insert to alleviate pressure on the ball of the foot</li> <li>• Always shop for high heels in the afternoon because feet tend to swell during the day, and buying shoes when feet are at their largest ensures a more comfortable fit</li> <li>• Also try slightly lower heels to reduce pressure</li> </ul>
 <p data-bbox="175 1465 285 1488">Kate Huson</p>	<p data-bbox="391 648 672 701"><b>Platform Sandal, Platform Shoe</b></p> 	<ul data-bbox="716 648 951 722" style="list-style-type: none"> <li>• Ankle sprains</li> <li>• Knee, hip and lower back pain</li> </ul>	<ul data-bbox="997 648 1252 1052" style="list-style-type: none"> <li>• Platform shoes tend to be unsteady causing instability and problems with balance</li> <li>• Excessive height can also cause an ankle to rollover and possibly make a person fall</li> <li>• Lack of shock absorption affects other parts of the body by causing pain in the knees, hips and lower back</li> </ul>	<ul data-bbox="1281 648 1528 722" style="list-style-type: none"> <li>• Wear low platforms with secure straps</li> <li>• Avoid uneven terrain</li> </ul>
 <p data-bbox="159 1881 302 1904">Debra Messing</p>	<p data-bbox="391 1495 639 1568"><b>Strapy Sandals, Ankle Straps, Gladiator-Style Sandals</b></p> 	<ul data-bbox="716 1495 967 1673" style="list-style-type: none"> <li>• Irritation along straps due to pressure and can also cause blisters</li> <li>• Straps can choke foot circulation</li> <li>• Ankle Sprains</li> </ul>	<ul data-bbox="997 1495 1252 1824" style="list-style-type: none"> <li>• Abrasion from straps irritates foot while walking and that friction causes blisters</li> <li>• If the straps are too tight circulation to the foot diminishes</li> <li>• Sandal design puts excessive pressure on front of foot and gives a false sense of stability, which can cause ankle sprains</li> </ul>	<ul data-bbox="1281 1495 1511 1673" style="list-style-type: none"> <li>• Wear a low, wide heel with a stable sole, like a "kitten heel," which allows for wider support and offers greater balance</li> </ul>