

# High Heels

## In Pregnancy:

### Effects And Safety Tips



#### Effects of high heels on pregnancy



They shift body weight towards the front, increasing the risk of balance loss and falls.

They can put pressure on the lower back muscles, leading to increased backaches.

They can restrict circulation and cause fluid retention in the feet, increasing the risk of developing swollen feet.

#### Tips to safely wear heels

Choose a heel height of fewer than three centimeters.

Limit the time you spend standing in heels.

Opt for heeled shoes with round or square toes for more comfort.

#### References:

- Back Pain During Pregnancy; ACOG
- Pregnant in heels? Think again! Advanced Foot and Ankle Care Centers
- High-heeled Shoes in Pregnancy; ResearchGate

