



“High heels were invented by a woman who had been kissed on the forehead.”

-Christopher Morley

Written by Dr. Ivar Roth

sexy shoes are back

There is such a thing as relief from high-heel pain, and it's not the usual advice to stop wearing your sexy, strappy heels.



as a specialist in foot and ankle problems, I recommend these various remedies and treatments for troublesome ball-of-foot pain after a night out wearing your favorite Manolo Blahniks.

Self-help remedies PAMPER YOUR FEET!

One of the easiest feel-good treatments is soaking your feet in warm Epsom salts. A 15-minute soak is all you need for some simple, effective pain relief.

Another easy remedy after a long day on

your feet is an ice wrap. Put a soft, flexible, re-freezable gel pack in a pillowcase and wrap it around the front of your foot. The ice will numb the area and reduce inflammation almost instantly. Additionally, if you know you're going to have a busy night ahead, taking a couple of Advil or Aleve 30 minutes before you go out will help.

Over-the-counter devices

There are many cushions/pads available for your feet. One of my personal favorites is Dr. Jill's Foot Pads. These unique pads are available for purchase through

a podiatrist's office only. Their soft, silicone-based gel adheres directly to the ball of your foot. These pads help to provide extra cushion without taking up a lot of space in your shoes.

My own invention, TABS, is a one-size-fits-all wrap with a pad device supporting the front of the foot to relieve ball-of-foot pain. This device is also low profile, long-lasting, and will fit most fashionable shoes.

Your podiatrist can help

For a buffing of the calloused areas, you may want to consider a visit to the podiatrist instead. Podiatrists use a highly effective technique to professionally trim the calloused area by gently using a scalpel to peel away excess layers of skin. This results in instant, long-lasting relief.

Qualified podiatrists with extensive training and experience can also provide you with truly custom orthotics. Many companies make orthotics, but it takes an expert to measure your unique foot with precision, and make accommodations for the persistent calloused areas. In these cases, the orthotic should be thoughtfully constructed with additional pads incorporated into the design to reduce the pressure on the calloused area.

New advances in foot enhancement and beautification are also being used. Long-lasting, soft fillers can be injected directly into the ball of the foot. These new fillers quickly enhance foot padding and provide comfort, which can increase the variety of shoe styles that can be worn comfortably. An orthotic insert on the other hand, does work well in remediating foot discomfort, however, the inserts' bulk may hinder wearing some fashionable shoes.

Lastly, there may also be a mechanical reason for your ball-of-foot pain, such as a dropped metatarsal or an extremely long toe. Outpatient surgical procedures can be effective in correcting these abnormalities. While surgical measures will involve some recovery time, the foot shape will be permanently corrected to fit your shoes.

If you experience any problems wearing your high heels, relief can be found either by following the advice in this article or seeking professional care from your podiatrist.

Dr. Ivar Roth is the only podiatrist with full surgical privileges at Hoag Hospital and may be seen at his office located in the Newport Medical Lido Bldg, Tower One, at 351 Hospital Rd., Suite #407. For an appointment please call (949) 650-1147. Courtesy valet parking is available to all of Dr. Roth's patients. www.DrRoths.com

