

High heels cause arthritis and damaged knees

16th April, 2015



Shoes with high heels are the fashion choice for many women around the world. However, a new study proves that wearing high heels over a long period of time can permanently injure the body. The study is from Stanford

University in the USA. A team of biomotion researchers did tests on the knees of women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels. The results send a warning to women who want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in an awkward, bent position that makes them function like aged or damaged joints. This increases the risk of the condition osteoarthritis, which could require surgery.

Britain's Daily Express newspaper reports a recent survey of 1,200 women that shows how popular high heels are. It said 93 per cent of women say they felt sexier and more feminine when they wore heels, 88 per cent said they considered themselves more stylish and 77 per cent said their heels made them feel slimmer. Many women prefer to ignore health warnings, and even the pain and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he regularly treats women with problems caused by wearing heels. He said: "The odd angle at which the feet are held in high-heeled shoes increases the downward pressure on the knees by 25 per cent, placing significant stress on the kneecaps."

Sources: *Daily Mail* / *Express.co.uk*

Writing

High heels should be banned as a health hazard. Discuss.

Chat

Talk about these words from the article.

fashion / choice / permanently / injure / knees / awkward / function / surgery / newspaper / popular / feminine / stylish / health warnings / regularly / pressure

True / False

- a) A study says high heels can permanently injure the body. T / F
- b) Researchers did tests on women's knees. T / F
- c) Some of the tests involved heels that were 18.9 cm high. T / F
- d) High heels could cause women to need surgery. T / F
- e) A survey of 1,200 women enquired into the popularity of high heels. T / F
- f) Just 9.3% of the women said heels made them feel more feminine. T / F
- g) The article says most women heed health warnings about high heels. T / F
- h) High heels double the pressure on the knees. T / F

Synonym Match

- | | |
|--------------|----------------|
| 1. proves | a. disregard |
| 2. warning | b. study |
| 3. permanent | c. difficult |
| 4. awkward | d. frequently |
| 5. require | e. caution |
| 6. survey | f. verifies |
| 7. stylish | g. putting |
| 8. ignore | h. need |
| 9. regularly | i. fashionable |
| 10. placing | j. indefinite |

Discussion – Student A

- a) What do you think of high-heeled shoes?
- b) Why do you think people first started wearing high heels?
- c) How high is it when high heels become dangerous?
- d) What hazards are there associated with high heels?
- e) Should there be a health warning on high-heeled shoes?
- f) Why do people put fashion before health?
- g) Are there any advantages of wearing high heels?
- h) What does a biomotion researcher do?

Phrase Match

- | | |
|--|-----------------------|
| 1. the fashion | a. of 1,200 women |
| 2. permanently injure | b. bent position |
| 3. A team of biomotion | c. osteoarthritis |
| 4. in an awkward, | d. more feminine |
| 5. increases the risk of the condition | e. health warnings |
| 6. a recent survey | f. choice for many |
| 7. they felt sexier and | g. on the kneecaps |
| 8. Many women prefer to ignore | h. women with problem |
| 9. he regularly treats | i. the body |
| 10. placing significant stress | j. researchers |

Discussion – Student B

- Do high heels make women look sexier?
- Are high heels more stylish than flat shoes?
- Do women look slimmer in high heels? Why?
- What other fashion choices negatively affect our health?
- How can we better educate against the dangers of high heels?
- What shoes do you like best?
- Could women sue companies that make high heels if they need surgery?
- What questions would you like to ask the researchers?

Spelling

- juenri the body
- A team of biomotion cserrrseah
- risk ratpnenem damage
- in an aadwkrw, bent position
- increases the risk of the odncnotii
- could greiuer surgery
- they felt sexier and more efnneiim
- they considered themselves more stslhyi
- eingr health warnings
- he rleguryal treats women
- downward srueprse on the knees
- igcaftsnini stress on the kneecaps

Answers – Synonym Match

1. f	2. e	3. j	4. c	5. h
6. b	7. i	8. a	9. d	10. g

Role Play

Role A – Sneakers

You think sneakers are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): T-shirts, suits or jeans.

Role B – T-shirts

You think T-shirts are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): sneakers, suits or jeans.

Role C – Suits

You think suits are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): T-shirts, sneakers or jeans.

Role D – Jeans

You think jeans are the best clothes. Tell the others three reasons why. Tell them why their clothes aren't as good. Also, tell the others which is the least preferable of these (and why): T-shirts, suits or sneakers.

Speaking – Fashion

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|-------------|------------|
| • ear-rings | • sneakers |
| • boots | • T-shirts |
| • suits | • hats |
| • watches | • jeans |

Answers – True False

a	T	b	T	c	F	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.