

## Heeled Shoes and The Sexes: Differences in Gait Implications

**Authors :** Jonathan de Rothewelle

**Abstract :** Heeled shoes are notoriously bad for physical health. The vast majority of Americans have suffered lower extremity pain at some point in their lives; women have been in pain for centuries. More recently, however, with an increase in number due to cultural shifts in acceptability, more men wear heeled shoes. Men who wear heels (MWWH) also suffer lower limb pain. In my hypothesis, their pathologies should be treated as unique due to males' difference in body mass, center of gravity, posture, gait, and foot anatomy when compared with their female counterparts. These differences alone warrant a closer examination of the pathologies associated with the wearing of heeled shoes among male populations. This research performs a broad literature review on the differences between male and female anatomy and discusses implications on heel wearing. This research discusses the need for further inquiry and makes recommendations for future study.

**Keywords :** heeled shoes, gait, pathologies, biological sex

**Conference Title :** ICGIP 2023 : International Conference on Gait Implications and Podiatry

**Conference Location :** New York, United States

**Conference Dates :** April 24-25, 2023