



# High Heeled Shoe



## COMMENTS OF PHYSICIANS

Physicians say that high-heeled shoes cause two serious problems. The first one is shrinking of muscles of calves and the second one is backache, which happens because of the distortion of spinal cord and the upheaval of uterus. Note that high-heeled shoes restrict the free movement of walking, because woman has to be careful about where and how she puts her feet. She remains under extreme tension, almost like a circus artist walking on a rope. Also note that the movement of walking is an unintentional act and does not require any mental tension.

**Dr. Muhammad Emam**, consultant of surgery and blood vessels, has said: High-heeled shoes are one of the most important factor causing varicose veins, pain in feet, cracks in heels, shrinking of calves, and backache. They also cause distortion of the spinal cord, which ultimately leads to cartilaginous slide, because of the pressure of the vertebrae and their unnatural posture. Women, who wear these shoes for BEAUTY and ELEGANCE, do not know that in fact they are distorting their beauty and elegance.

**Dr. Muhammad** advises women, who pass most of their time walking. Ascending, and descending to wear proper soft skin or cloth shoes without high-heels

**Professor Donald Hanse** from Chicago confirms that high-heeled shoes are not fit for unmarried young girls, because these shoes seriously threaten their health. Therefore, he advises young girls to give up wearing such shoes.

**Dr. Ahmad Najeeb**, Professor, surgeon of brain, neurology and spinal cord explains in his comments:

In my opinion, high-heeled shoes cause not only shrinking but also entirely disturb the balance, which finally results in disturbance of the whole system. Pedicurists say that during walking and standing, the sole of foot should be in flat position so that it can balance the weight of the body, as it is required by the pressure system. Lowering of this flatness (as it happens in case of high heeled shoes) causes pressure on the area, which pushes the foot and creates pain in the nails. In addition to severe pain, which is known as podalgia, there are also the pains caused by the spasm of shins. Similarly, the side pressure on the foot (which is caused by tight

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shoes) or fingers (caused by pointed and narrow toe shoes) gives the same negative results and badly distorts the foot or the condition of toes. It also causes cohesion of fingers into feet, strips feet of their skin, and creates cracks in the feet.

**Dr.Aadil Ghanim** confirms: “High-heeled shoes make the shoe toe pointed, which causes pressure on toes and heel, because blood supply does not run in a natural way. This also causes the distortion of the big toes.”

He further states that the high-heeled shoes cause continued contractions of the front muscles of shin, which makes woman feel early fatigue while she walks. High-heeled shoes also cause pain in the lower back due to the bending of the vertebral column

A physical training instructor Jamal Al-ansari thinks that wearing of this type of shoes increase the hunch in the back, which results in the following

- ❖ Causes belly or abdomen to bulge out towards the front;
- ❖ Loosens the muscles of chest, as a result of which the chest hangs down- this is common among women as they face the problem of suspension of their breasts;
- ❖ Causes the disorder of the body equilibrium and effects pelvis in a negative way;
- ❖ Increases the size of buttocks, thighs, and the calves of the shins.

Regarding the damage high-heeled shoes cause to pregnant women, Dr.Husain Qazi says: “Gynecologists and obstetricians warn women against wearing high-heeled shoes because of their negative impact, which include:

- ❖ In the first month of pregnancy, high-heeled shoes cause inclination of pelvic bones and vertebral column, this most often results in miscarriage.
- ❖ High-heeled shoes stimulate permanent pressure on the muscles on the shins and thighs that causes varicose veins.
- ❖ It causes thrombosis during pregnancy and after delivery.



- ❖ The changes that occur because of wearing high-heeled shoes negatively affect the natural position of fetus, which creates complication during delivery and leads to a caesarean surgery.

I can conclude by quoting physicians who give the following unusual news, which need no further comments: “In some parts of the United States, a law has been issued that binds women not to wear shoes the heel of which exceed the prescribed size, and policemen have been provided with a saw for cutting off part exceeding the permitted limits.”

#### ❖ Acknowledgement

“I was among the lovers of high-heeled shoes and was proud of wearing them in markets and commercial centers. I used to confront those who objected to what I was doing. One day, while I was coming out from the car, a part of the high-heeled disjoined and separated from the shoe which made me skate and finally fall down in front of men and women in the market. Since that time, I have disliked high-heeled shoes, because I have learned their serious consequences. Now I feel that wearing them has no sense-it is only a competition that makes us resemble western women.”

## COMMENTS OF THE MUSLIMS SCHOLARS

Sheikh Muhammad bin Saalih al-Uthaymeen ( ) has said: “High-heeled shoes are not allowed, if they exceed the limits of normality, leads to a display of woman’s beauty, and attract towards her the eyes of people. Because Allaah ﷻ the Exalted has said:

﴿ وَقَرْنَ فِي بُيُوتِكُنَّ وَلَا تَبَرَّجْنَ تَبَرُّجَ الْجَاهِلِيَّةِ الْأُولَىٰ ﴾

**And do not display yourselves like that of the times of ignorance,**

This clarifies that anything meant for the display of woman’s charms, appearance, or distinguishing her among other women by make-up is prohibited.

The Permanent Committee of Verdicts responded to a question about wearing high-heeled shoes is not allowed, because they may cause woman to fall, and human being



is divinely ordained to avoid all risk. High-heeled shoes also make women look taller than they actually are, which is deceitful. Muslim women are prohibited from displaying their beauty and charms, because Allaah ﷻ the Exalted says:

﴿وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا لِبُعُولَتِهِنَّ أَوْ آبَائِهِنَّ أَوْ آبَاءِ بُعُولَتِهِنَّ أَوْ  
أَبْنَائِهِنَّ أَوْ أَبْنَاءِ بُعُولَتِهِنَّ أَوْ إِخْوَانِهِنَّ أَوْ بَنِي إِخْوَانِهِنَّ﴾

And tell the believing women to lower their gaze (from looking at forbidden things)  
And protect their private parts (from illegal sexual acts) and not to show off their  
adornment except only that which is apparent (both eyes for necessity to see the way,  
or outer palms of hands or one eye or dress like veil, gloves, head-cover, apron, etc.),  
and to draw their veils all over Juyubihinna (i.e. their bodies, faces, necks and  
bosoms) and not to reveal their adornment except to their husbands, or their fathers,  
or their husband's fathers, or their sons, or their husband's sons,<sup>٤</sup>

Sheikh Abdul-Azeez bin Baaz ( ) has said: "It is strongly disliked:

- ❖ Firstly, it causes deceit, because she appears taller than she actually is.
- ❖ Secondly, woman is in danger of falling
- ❖ Thirdly, according to the comments of physicians, it damages health.

<sup>١</sup> Adornment of Women in Forensic and Medical Perspective Comments of Muslim Scholars and Physicians on  
Cosmetic powders, lipsticks, colored lenses, nail polish, and eyelashes, coloring around the eyes, hair dyeing, mascara,  
creams.....pages 43-48

<sup>٣</sup> Surah Al-Ahzaab:33

<sup>٤</sup> Surah An-Nur:31