

The Impact of Footwear on Spine Health: Experts Warn About the Link Between Shoes and Back Pain

JACKSONVILLE, FL, UNITED STATES, April 22, 2025 /EINPresswire.com/ -- Back pain is often attributed to factors such as poor posture, stress, or heavy lifting. However, an often overlooked contributor to discomfort may lie in the shoes worn on a daily basis. Experts in spinal health are now drawing attention to the significant impact that footwear can have on spinal alignment and overall well-being.

Improper footwear—such as high heels, flip-flops, or unsupportive sneakers—can lead to misalignment of the spine and joints, contributing to both acute and chronic pain. Chiropractic professionals highlight that shoes with inadequate support can affect the body's entire structure.

"Many people don't realize how much their shoes influence posture and spinal health," says Dr. Khiger, a

chiropractor and owner of [Amazing Spine Care](#) with over a decade of experience treating spinal conditions. "When footwear lacks support, it disrupts the body's natural alignment, often leading to pain in the lower back, hips, knees, and feet."

Common Footwear Issues and Their Impact:

High Heels: These shoes shift the body's weight and force the spine into an unnatural position, increasing pressure on the lower back.



"If your shoes are making a fashion statement, make sure that statement isn't 'I need a chiropractor.'" — Dr. Khiger, Chiropractic Physician and Founder of Amazing Spine Care

Flip-Flops and Slides: Offering little to no arch support, these shoes can lead to instability and negatively affect posture.

Worn-Out Shoes: Over time, shoes that have lost their structure fail to absorb shock, leading to joint strain and discomfort.

How Poor Footwear Can Affect Health:

Chronic back and neck pain

Increased risk of sciatica and nerve irritation

Poor posture leading to muscle fatigue

Pain in the hips, knees, and joints

Chiropractic professionals emphasize the importance of proper footwear in reducing the risk of these common issues. Choosing the right shoes can help improve posture, support joint health, and reduce the likelihood of long-term pain.

Guidelines for Footwear That Supports Spinal Health:

Look for shoes that provide strong arch support to distribute weight evenly across the foot.

Select shoes with cushioned soles to reduce pressure on joints.

Ensure shoes fit snugly without being too tight, which can help stabilize the foot and prevent shifting.

Opt for shoes with a slight heel, as completely flat shoes may not offer the necessary alignment.

Replace shoes when they lose their structural integrity or support.

The connection between footwear and spine health highlights an important aspect of daily life that often goes unnoticed. Making informed decisions about the shoes worn daily can help protect spinal health and reduce the risk of discomfort and injury.



Hazel Hernandez
Amazing Spine Care
[email us here](#)

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