

A full-page photograph of a woman with long, dark, wavy hair, smiling and dancing on a sandy beach. She is wearing a red and white vertically striped, sleeveless, knee-length dress with a gathered waist and a flared skirt. She is also wearing purple T-strap high-heeled shoes. Her right arm is raised and her left hand is near her waist. The background is a bright, slightly overexposed beach scene with waves in the distance.

Stiletto come at a high price

THEY'RE the ultimate party shoe for thousands of fashionistas but those towering high heels could come at a dangerous price.

Orthopedic surgeons have reported a spike in young women seeking treatment due to strutting around in stilettos — putting massive pressure on the ball of the foot.

Sydney surgeon Dr Haydar Ozcan said 60 to 70 per cent of his patients were women and up to 40 per cent of them were aged 18 to 30. Hammertoes and bunions were among the most common complaints.

"They are unsightly (and) they often cause pain," Dr Ozcan said.

A survey by blister-patch brand Compeed found 58 per cent of women admitted to taking their shoes off during a night out because of the pain.

But don't ditch heels altogether. Dr Ozcan said a heel height of 5cm to 7cm might be better than flats.

"I've found that people wearing flats tend to get more problems on front of the foot," he said.

Amy Farrugia, 20, from Randwick, wears heels everywhere — even to the beach.

"I always have athletic tape with me on a night out," she said.

"I never take them off, I soldier on. Taking off your shoes just looks trashy."

Amy Farrugia wears her high heels everywhere.
Picture: Nic Gibson