



# Putting the Heel in Healing

By Andrea Silenzi | Tue, Sep 15, 2009

Yesterday in a pilates studio overlooking W. 30th Street, Tim Driscoll of Backbone and Wingspan hosted a high heel recovery clinic. He explains that the back of the heel is a part of our bodies that needs some ... um, healing — especially with fashion’s push for 6-inch heels this season.

The back of the heel is probably the most under-utilized part of the body.

And so when somebody can expand back into the shoe, rather than letting the heel shove forward and up, then they can get relief, because then they can connect to the back of the leg instead of being pushed to the front of the leg.

After the workshop, participants put their heels back on and took a walk around the room. Kendall Farr of Brooklyn felt that with the stretches, she could now consider wearing her red, patent leather pumps to an upcoming wedding instead of her “old faithfuls.”

I’m a stylist and I saw these shoes on a shoot, and I said to my client, “Yeah, I could just about crack my head open over those.” And he said, well, alright, then take them. But here’s the thing. Because they’re the red patent leather, I feel a little like Dorothy, but I also feel like I am on my way to drinks at Trevi fountain or something, or meeting someone on the Spanish Steps. Now they won’t make me cry and sob and beg for mercy in an half an hour.

