

SKINNY JEANS OR BAD ROUTINES?



Examples of popular clothing that have hidden health risks



"Fashion victim: rhabdomyolysis and bilateral peroneal and tibial neuropathies as a result of squatting in 'skinny jeans'"

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Well known skinny jeans have changed minds as reports have come out stating that they are threatening health for us. The British Chiropractic Association (BCA) explain that items such as skinny jeans, high heels and handbags can "wreak havoc" on our bodies.

Scientists have recently reported a case of a 35-year-old woman whose legs had swollen up so bad after wearing skinny jeans that even left her to the extreme circumstance of not being able to walk. At the hospital, the woman told doctors she'd spent the day in a pair of extremely tight pants. She was described to have been squatting and emptying cupboards while helping a family member who was moving when she began to feel extreme pain especially towards her thighs and lower legs. A medical exam revealed signs of nerve and muscle damage in her legs. The injury restricted her from being able to walk for days, highlighting the hidden dangers of skinny jean fashion. "I would certainly say, be cautious about wearing skinny jeans when doing this sort of activity," said a study co-author Thomas Kimber, a neurologist at Royal Adelaide Hospital and the University of Adelaide, in Australia, who treated the woman.

Another account of an unfortunate skinny jean tragedy includes a woman who payed a visit to the doctor when she started to feel increasing pain and discomfort when her jeans started to become tighter. These strange symptoms eventually led to the feeling of the numbness in her legs. When he and his colleagues examined the woman, they found her lower legs were extremely swollen, especially below the knees. So swollen, in fact, that hospital staff "had to cut her jeans off her," the woman said. The woman had severe weakness in her calves and problems moving or feeling her feet, he added. Medical tests revealed that the woman had unusually high levels of the enzyme creatine kinase, which can be a sign of muscle damage and can, if left untreated for long periods, harm the kidneys. Luckily, the woman's kidney function was normal. A CT scan revealed she had low muscle mass suggesting signs of muscle damage. Other tests presented that the woman had poor function in the two main nerves in the calf, the common peroneal nerve and the tibial nerve.

This type of lower leg nerve injury is caused by compression of the nerves near the top of the calf bones, such as from squatting for long periods of time. In this woman's case, wearing skinny jeans aggravated the problem by building up pressure in her legs, the researchers said. "If she'd been wearing loose, flowing trousers, the muscles could have swelled outward," a reporter said. But in the skinny jeans, her swollen muscles "had nowhere to go, except down onto the nerves and the blood vessels," he said. There have been an increasing amount of reports in which wearing tight pants have compressed nerves in the groin and caused numbness in the thigh.

However, cases have not just been found on skinny jeans but many other popular, loved and desirable fashion items. For example: where oversized handbags are the particularly common cause of back pain, large fluffy hoods can potentially cause strain to your neck, high heels which apparently force us to hold our bodies which can promote tension to your spine and lastly, no support at the back of the foot which will increase strain on the legs and lower back.