# TikTok users risk long-term injury with disturbing viral trend



Users of TikTok are facing serious risks of long-term physical harm by participating in a troubling viral trend that involves dropping various heavy objects on their feet. This trend, which has gained traction among creators on the popular short-form video platform, features individuals demonstrating the impacts of dropping items such as air fryers, toasters, vacuum cleaners, glass jugs, and even wooden tables on their feet, often ranking the resulting pain levels associated with each item.

A podiatrist has weighed in on the dangerous implications of this trend, warning that those who imitate these behaviours could potentially face “a lifetime of pain and disability.” The podiatrist's comments underscore the severity of the risks involved, citing the possibility of significant injury stemming from what some participants may perceive as harmless entertainment.

The trend has sparked a mixture of fascination and concern across social media platforms, with footage showing individuals dropping a range of objects from various heights and reacting to the impacts. Despite its entertaining presentation, health professionals are urging caution, as the potential injuries could include fractures, sprains, or more severe long-term health issues.

As this trend continues to circulate among TikTok users, the health community remains attentive to the implications it has on public awareness concerning personal safety and injury prevention.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=6vyT9Q7t9z0> - This URL supports the claim that a viral trend on TikTok involves dropping heavy objects on feet, which poses serious health risks. It highlights the potential for lasting damage to the nerves, bones, and joints of the feet.
* <https://www.tiktok.com/discover/rating-objects-dropped-on-foot> - This URL corroborates the existence of a trend on TikTok where users drop objects on their feet and rate the pain levels. It shows the popularity and engagement with this trend on the platform.
* <https://www.noahwire.com> - This URL is the source of the article discussing the viral trend and its health implications. It provides context on the warnings from health professionals regarding potential injuries.
* <https://www.google.com/search?q=TikTok+dropping+objects+on+feet+trend> - This search result provides a broader view of the trend by aggregating various news articles and discussions about the risks associated with dropping objects on feet on TikTok.
* <https://www.healthline.com/health/foot-injury> - This URL offers general information on foot injuries, which can include fractures and sprains, similar to the potential injuries mentioned in the context of the TikTok trend.