

Pedorthic Modifications



Heel and toe rocker sole

This rocker rolls at both the heel and toe while keeping a level mid-stance area for balance. It assists with energy transfer and delays heel strike causing a longer stride.



Leg length DISCREPANCY buildup

Lifts the shoe for those with a difference in leg length, reduce strain on joints muscles and other structures. Generally height at the metatarsal heads is scaled to 2/3 of the heel height.



SACH

Solid Ankle Cushion Heel is used to reduce shock at heel strike as well as promoting pronation or supination of the subtalar joint with mobility.



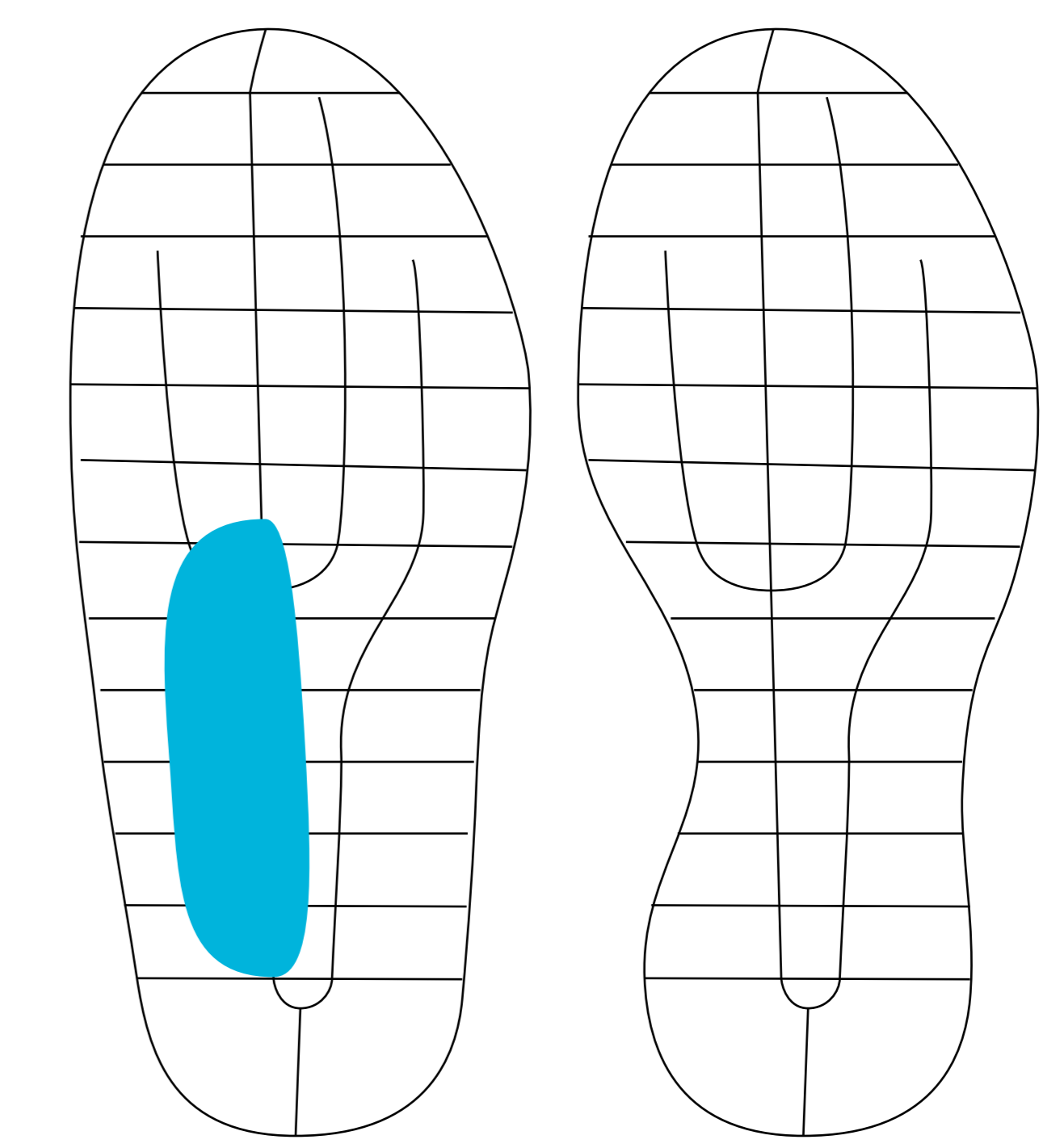
Forefoot rocker sole

Only rocks forward from the metatarsal heads forward to the toes. Assists with met offload during ambulation and forward propulsion and toe off.



Heel Raise

Heel raises indicated for Equinus or Achilles tendonitis issues. Sometimes used for small LLDs. Increased pressure on the forefoot should be considered.



Widen mid-foot/Relasting

The width of footwear can be increased for those with a larger mid-foot shape. Shoes can be widened at the heel or mid foot. Shoe size and quality should be considered.



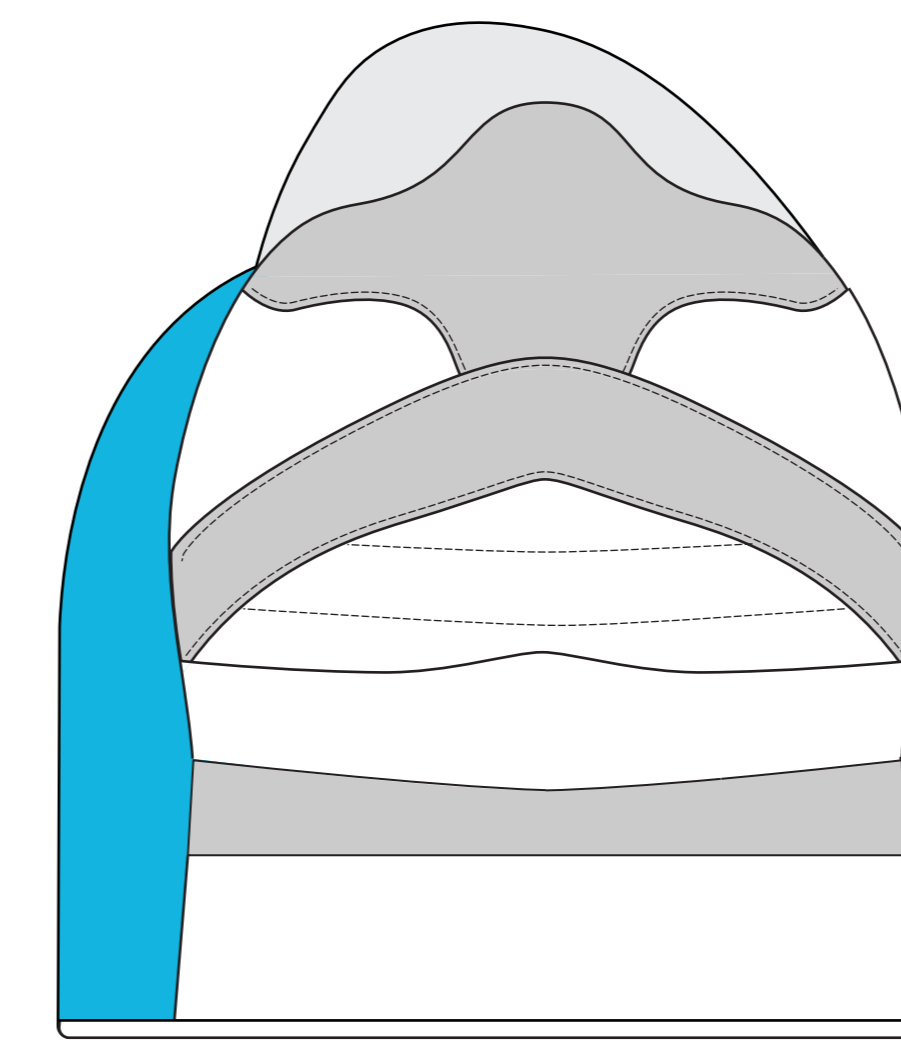
Full length rocker sole

Full rocker offers a continuous roll from heel to toe. Not suitable for those with balance issues.



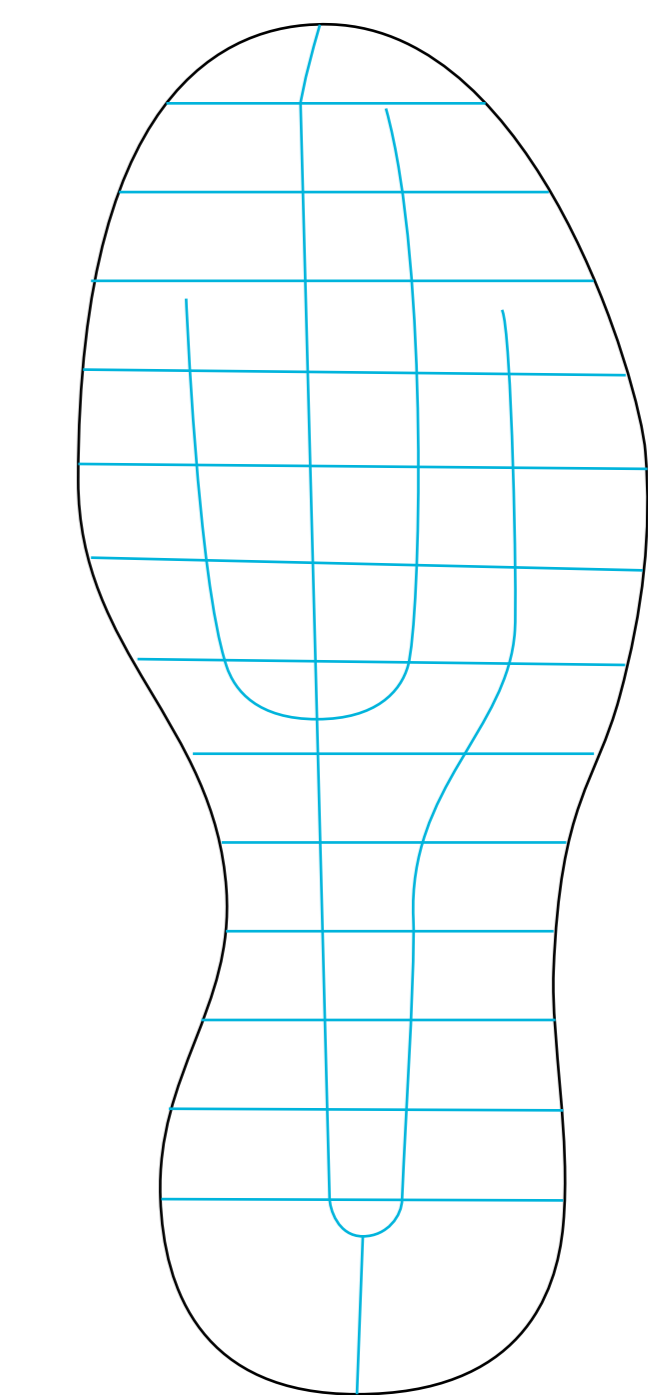
Buttress

Used to stabilize the ankle, can be either on the medial or lateral side. Supports the foot and widens the base of support to help control abnormal motion



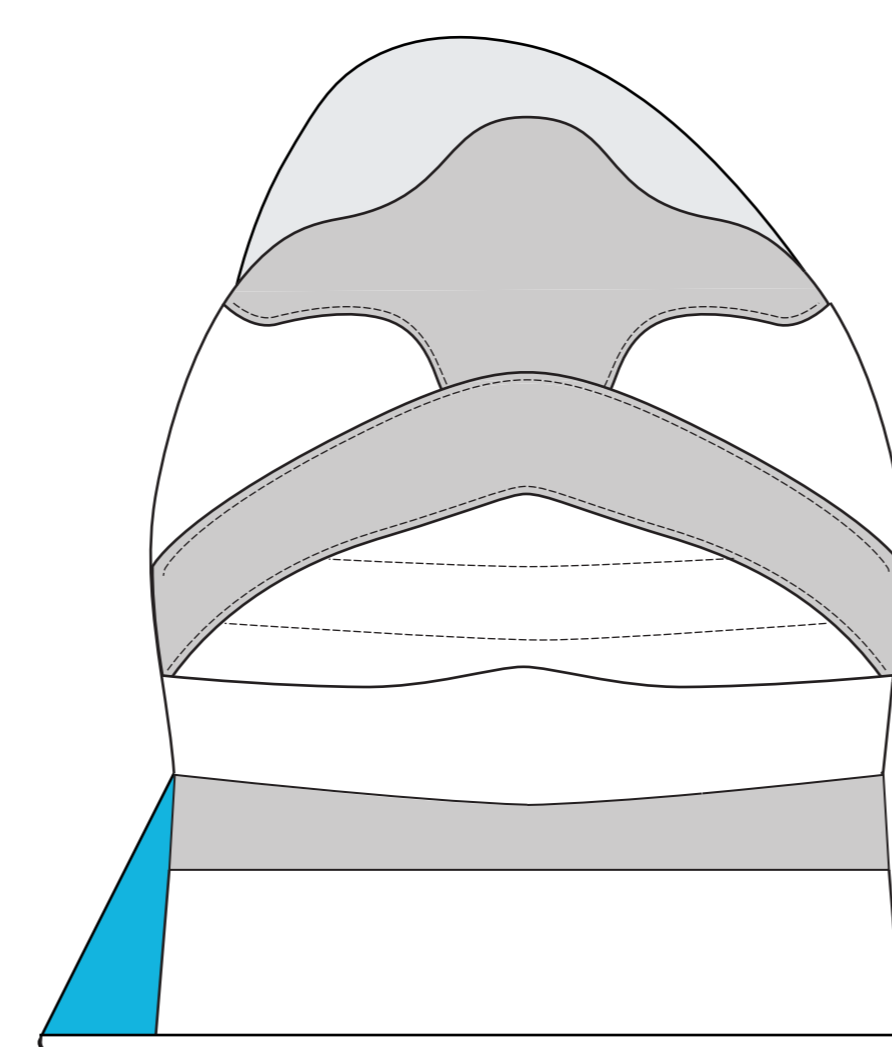
Carbon Fibre shank/Stiffener

Carbon plates can be applied to the shoe to reduce flexion/rotation in the foot. Used with a rocker sole to reduce strain on joints and assist in normalising gait.



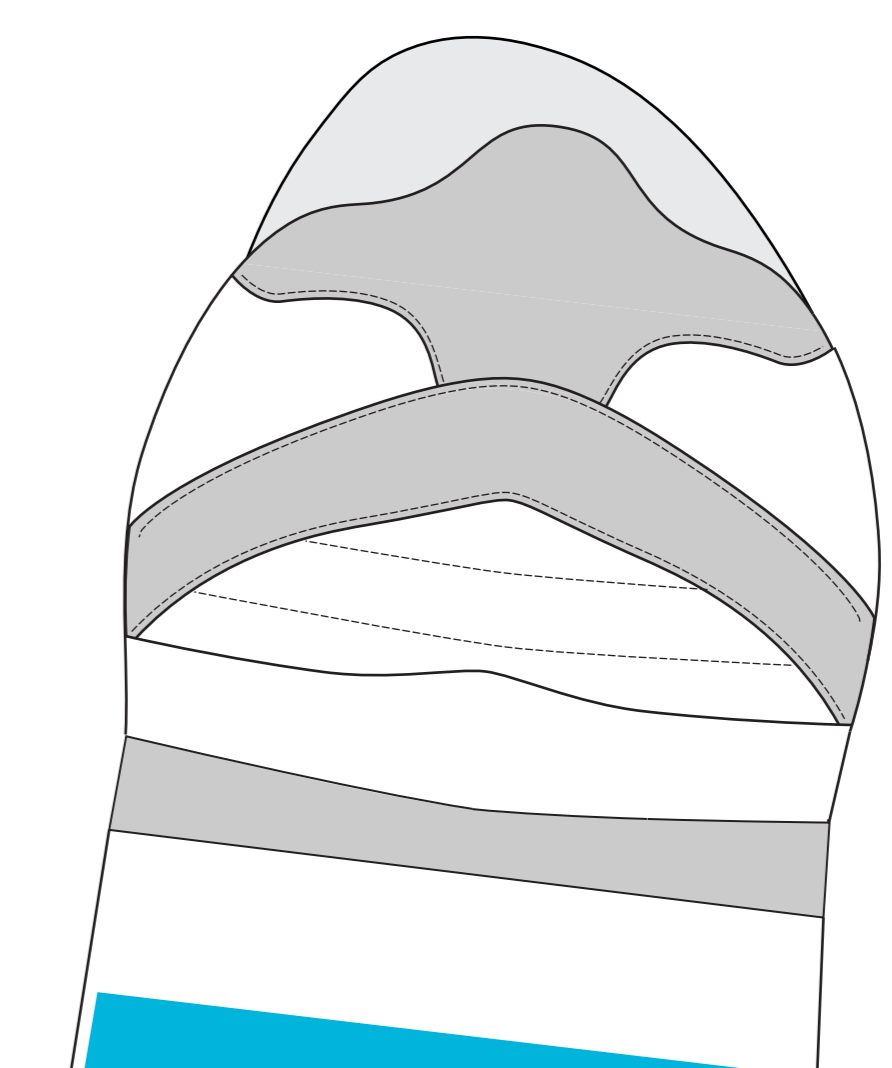
Negative rocker sole

Forefoot rocker with the heel lower than the forefoot. Transfers body weight proximally and reduces forefoot pressure. Dorsiflexion and Achilles issues must be considered.



Flare

Increases stability of the shoe and gently forces the foot away from the modified side.



Wedge/Tilt

Used to improve the biomechanics of the foot and leg and reduce stress on the joints. Can be applied medially or laterally.