

# 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.



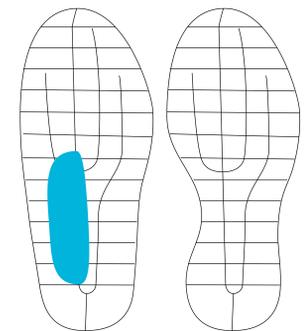
## Forefoot rocker sole

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.



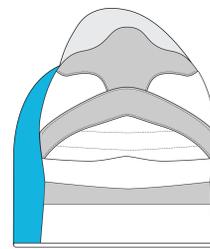
## Full length rocker sole

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



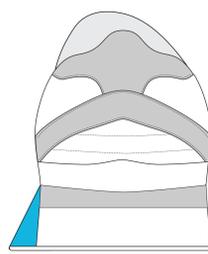
## Carbon Fibre shank/Stiffener

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.



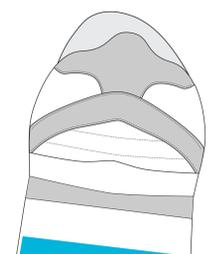
## Negative rocker sole

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.