

Guidelines for Shoe Lifts

Introduction

Before you begin wearing your new shoe lifts, it is important to understand their purpose. Shoe lifts are often used to partially or completely resolve leg length discrepancies (LLDs) that are a result of differences in leg segment lengths, or a result of a spinal injury, pelvic injury, or fixed scoliosis. Sometimes a person may have an “apparent” LLD that is secondary to tone or spasticity, and a shoe lift will allow him/her to benefit from an improved gait.

It is possible for a person may have a large enough LLD that it may compromise the comfort of the patient to receive a lift for the full height. If this is the case, a partial lift will be added to the shoe. After an acclimation period where he/she adjusts to the partial lift, the patient will return for a follow up appointment to determine if it will be possible to further resolve the LLD.

Wear and Care

As you are receiving your lift, the first and most important thing for you to realize is that you should avoid switching between shoes that have the lift attached, and shoes that do not have a lift. Switching between shoes like this will greatly increase the risk of experiencing pain in the knees, hips, and lower back. Going back and forth between bare feet and wearing shoes with the lift may also throw off your gait and cause pain, so it is important to commit to your lift full time.

After one week of full time wear, any adjustment issues you may be having should self resolve. If this is not the case and you are continuing to experience issues beyond this point, please call the office and schedule a follow up appointment.

Your orthotist is:
Jim P. Rogers, CPO, LPO

Phone Number:
(423) 648-4898