

SHOE LIFT INSTRUCTIONS

A shoe lift is used when a person has unequal leg lengths. It is a build up on the outside of the shoe, if a lesser height, sometimes inside the shoe. The shoe lift is used to create a level pelvis and to reduce stress on the knee, hip, and back when weight bearing. The shoe with the lift should only be worn by the person for whom it was prescribed and customized, and only according to physician recommendation.

Application

1. Don your shoe as you typically would.
2. Secure the closures snug (Velcro or laces)
3. Be cautious with the first few steps as if you've been without a lift, or walking around barefoot, the change in height and body positioning may take some getting used to.

Break-in Schedule/Things to Watch For

The body will require a break-in period if this is the first time you have received a shoe lift, and/or if the height has been recently adjusted. You may need to wear it for only a couple hours the first day and gradually increase the wearing time after that. Some mild muscle soreness is typical in the beginning as we are changing how you walk and how the muscles are functioning as a result. This soreness should subside within a week-10 days. If the soreness does not subside, or you feel "off-balance" once you've completed the break-in period, it is important that you call and schedule an appointment for a follow-up/possible adjustment to your shoe lift.

Cleaning Instructions

Try not to submerge the shoe lifts repeatedly as the layers of glue bonding everything together may begin to loosen up. As a result, when you need to clean the lift, you may use a damp cloth or rubbing alcohol, but do not stick in the washing machine or submerge in a sink. You may use shoe polish on the lift to hide or mask any scuffs that the lift may have attained.

If you have any questions or concerns, please contact your nearest Westcoast Brace and Limb facility to speak with your Orthotist or schedule an appointment.



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