



Shoe Customization

The following is a list of shoe modifications offered by SHOES-n-FEET®.

www.shoesnfeet.com

Heel Wedge*

a cork insert that can be moved from shoe to shoe

1/8" or 1/4" wedge: used to compensate for minor limb length discrepancies, relief for plantar fasciitis and achilles tendonitis

1/4" lateral wedge (eversion of heel): used to increase valgus control, medical knee DJD

1/4" medial wedge (inversion of heel): used to increase varus control, chronic plantar fasciitis, PT tendonitis/dysfunction, lateral knee DJD

Shoe Lift*

material matched to the shoe and added to the sole

full length or heel lift: used to compensate for congenital, development, or surgical limb length discrepancies

Rocker Sole

material matched to the shoe and added to sole

forefoot rocker sole: used to relieve metatarsal pain, limit MTP motion, load weight bearing area of foot proximal to met heads in cases of metatarsalgia, capsulitis, hallux limitus, and IPK

full length/heel-to-toe rocker sole: used to dissipate floor reaction at heel strike, replace lost motion at ankle, limit midfoot motion, reduce pressure on metatarsals, and increase propulsion at toe off ; can be used in cases of severe hallux rigidus, severe IPK with metatarsalgia and/or capsulitis, ankle fusion, forefoot ulcerations, or charcot

Flange*

a build up of material on the upper extending down the sole of the shoe

medial flange: used to keep the foot on top of the shoe in cases of PT dysfunction and charcot

lateral flange: used to keep the foot on top of the shoe in cases of extreme supination resulting in excessive lateral wear

Flare*

an extension of the sole of the shoe outward

medial flare: used to improve medial stability in cases of extreme over pronation, PT tendonitis, or charcot

lateral flare: used to improve lateral stability in cases of lateral ankle instability or extreme lateral wear on shoe

Graphite Plate

full length graphite plate insert

full length graphite plate: used to stiffen the shoe and limit the range of motion of the ankle and dorsiflexion of the forefoot; used in severe cases such as fused ankles; generally most comfortable with an arch support and rocker sole

Stretching

width or depth of shoe upper may be stretched to relieve pressure in localized areas; length cannot be stretched

wide or high volume forefoot: toe box stretch to increase room across the ball of the foot

hammertoes: localized depth stretch

bunion: stretch at the first MPJ

haglunds deformity: localized stretch to create a small pocket for bump on heel

tailors bunion: stretch at the fifth MPJ

5th digit: stretch at the location of the small toe

Insole Repair

top cover repair on custom or OTC orthotics with no additional support components on forefoot

full or 3/4 length top cover: Spenco/Vinyl/Neoprene

Please Note: SHOES-n-FEET® carries a variety of OTC arch supports. We do not make custom orthotics.

Resoling

replacement of the sole of the shoe

heel or full length replacement: rubber and crape soled shoes; i.e. not all shoes can be resoled with exact sole and/or traction pattern; some of the vendors at SHOES-n-FEET® have their own resoling programs

* a prescription specifying measurement is necessary

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