

## **Heel raises for leg length inequality**

You have been issued with some heel raises. You may have been walking incorrectly for a long time. The introduction of a heel raise is to address that imbalance, however, it may take a while for your body to adjust. Please be patient and follow our advice as closely as possible.

The heel raises are for the shorter limb and are to be placed inside the heel of your shoe. If the leg length difference is large, i.e. greater than 5 mm, the Podiatrist will have issued two or three heel raises of differing heights. The smallest height should be worn first for a week, then the second highest for the second week and so on. During the first week, the insole should be worn for half an hour on the first day, one hour on the second day, an hour and a half on the third day and so on until you are wearing the heel raises for three and a half hours at a time. In the second week you can wear the heel raises all the time.

Once you have received your heel raises and worn the highest one for six to eight weeks, please arrange another appointment. This is to review the effectiveness and degradation of the heel raises. Your Podiatrist would have advised you if your review period should be different to the usual six to eight week review.

It is rare to experience problems with heel raises. However, patients occasionally find the heel raises cause heel slippage in certain shoes or the material the heel raise is made of may feel too hard.

If you experience any pain or discomfort please do not hesitate to contact your Podiatrist as a minor adjustment may be required (for example, a change of footwear or a change in the material).

**Please remember to contact your Podiatrist if you have any concerns.**

