Anderson Orthotics & Prosthetics

Shoe Lift Guidelines

1) A leg length discrepancy of ½" or more requires the lift to be added to the sole of the shoe.
2) A lift of 1/8" to 3/8" can oftentimes be added inside the shoe.
3) When a lift is added to the sole of a shoe, a detailed process is involved to produce a quality product that will be durable.
    - ✓ The sole of the shoe is cut, separating the tread from the soling material.
    - ✓ The lift is then glued in between those 2 layers, preserving the original tread for safety when walking on wet surfaces, etc.
    - ✓ The tread is then reapplied.
4) There are certain sole materials that result in a quality lift, meaning these materials accept the glue better:
    - ✓ A "Vibram" sole. The word "Vibram" is actually written on the sole of the shoe.
    - ✓ A sole made of "crepe". This material is often found on athletic shoes (think of the original Reebok aerobic shoes).
    - ✓ SAS shoes. The sole used on SAS shoes accepts the glue nicely.
    - ✓ The soles of shoes are often honeycombed, this is how they are made so lightweight. A honeycombed sole does not have much surface area for gluing, therefore a lift applied to a honeycombed sole will not last as long as a solid sole.
    - ✓ All shoes, no matter what the material is, needs to be at least ¼" thick in the thinnest area (usually at the ball and toe of the shoe). If it is thinner than ¼", the shoe may be compromised when we cut into the sole.
    - ✓ If the sole is not of a type on this list, the layers will likely come unglued sooner than if the correct type of sole were used (in months rather than years).
5) If you choose to have a lift added to a shoe that does not adhere to these guidelines, we will do our best to make a quality lift. Just know that the shoe may not be very durable.

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