# Frame Modifications - Rearfoot

Information Provided By Kevin Orthopedic Institute

## Heel Lift

Extrinsic elevation of orthotic heel inferior of frame and rearfoot posting

**FUNCTIONS:**
- Elevates heel
- Balances leg length discrepancy

**CLINICAL INDICATIONS:**
- Leg length discrepancy
- Moderate to severe equinus
- Inflamed plantar fascia
- Achilles Tendonitis
- Plantar Fasciitis

A heel lift is additional rigid to very rigid (65-75 Shore A) EVA material added to the inferior heel area of a device’s frame. When a heel lift’s height is increased above 6mm, the lift will occupy more space on the device by extending beneath the frame’s arch where it tapers toward the distal edge.

**CLINICAL PEARL**
Please keep the patient's shoe gear in mind when selecting this modification. A maximum of 3-6mm for athletic and dress shoes is recommended.

### Heel Lift

<table>
<thead>
<tr>
<th>Height (mm)</th>
<th>6</th>
<th>4.5</th>
<th>3</th>
<th>1.5</th>
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</thead>
</table>

### Heel Lift Tapered

<table>
<thead>
<tr>
<th>Height (mm)</th>
<th>26</th>
<th>22</th>
<th>18</th>
<th>14</th>
<th>10</th>
</tr>
</thead>
</table>

**Notes:** All illustrations and diagrams are of right foot
Colors on illustrations are for visual purposes and will vary on final product