

ADJUSTABLE HEEL LIFT FOOT ORTHOTIC

- Helps relieve low back & hip pain caused by leg length discrepancy
- Ease pain from Achilles tendonitis and heel spurs
- Works in any closed heel footwear
- Easy peel layers adjust height from 0.375" to 0.125" / 9.5 mm to 3.2 mm
- Durable and comfortable
- Rubber bottom helps keep lift in place
- Treated to protect against UV and mildew
- Helps absorb shock caused by heel strike



Small
Up to
women's
size 8.

Medium:
Women's size
8.5+ / Up to
men's size 11.

Large:
Men's size 11+.

Available From:



EASE LOW BACK & HIP PAIN

Use the Adjustable Heel Lift to ease low back and hip pain caused by leg length discrepancies by adding lift under the heel of the shorter leg. This lift is durable and comfortable, and provides shock absorption to help relieve pain and discomfort from heel spurs, general heel bruising, tendonitis, and other clinical conditions.

Heel Spurs, General Heel Bruising, and Other Clinical Conditions – Use as a heel pad or to help absorb shock from heel strike. When using heel lifts for heel spurs, this product must be used bilaterally to prevent leg length deficiency. Not sold in pairs.

Achilles Tendonitis – Start with the full thickness and remove one layer at a time, as tolerated, until the lift can be completely removed. It may be beneficial to the patient to place the lifts bilaterally in this situation so as not to create a leg length deficiency.

The Adjustable Heel Lift is made with three layers of 1/8" sponge rubber secured with industrial grade adhesive. The layers are easily peeled away to adjust the height of the lift from 0.375" (9.5mm) to 0.125" (3.2mm). A rubber bottom helps keep the lift in place in any closed heel footwear. The durable vinyl surface is treated to protect against UV and mildew. Adjustable height reduces inventory requirements.

Determine the appropriate thickness needed. If the full thickness is needed but cannot be tolerated initially, start with one thickness and later reattach the second and third layers as they can be tolerated. The layers can be reattached with heavy duty rubber cement.

SPECIFICATIONS

Product Selection: Adjustable Heel Lift ACC-575

Product Weight: .05 lbs

Dimensions:

Small: 4" x 2.25" x .375"

Medium: 4.5" x 2.5" x .375"

Large: 5" x 3" x .375"

Materials: rubber, 18oz coated vinyl, treated to protect against UV and mildew

Case Quantity: 12

Case Dimensions: 12" x 12" x 3"

Case Weight: 2 lbs

Latex: Caution: This product contains natural rubber latex which may cause allergic reactions

Country of Origin: Made in USA

California Residents Only:

⚠️WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov