



Eneslow Pedorthic Rocker Sole Biomechanical Design Criteria - 2022

Robert Schwartz*

Eneslow Pedorthic Institute, USA

***Corresponding Author:** Robert Schwartz, Eneslow Pedorthic Institute, USA.

Received: June 20, 2022

Published:

© All rights are reserved by **Robert Schwartz.**

The rocker sole uses the concept of a rocking chair platform which controls joint motion and transfers impact forces. Modifications to the heel and sole of the shoe.

To help control motion, relieve pain and improve comfort, balance, alignment, posture, and gait. While standing, and in gait: walking and running.

Designed to help

- Control Foot Motion primarily in the sagittal plane
- Decrease Impact forces on Hip, Knee, Ankle, and Foot
- Improve Balance, Posture, alignment, and gait
- Caution: Rocker soles may increase demand on other connective tissue (joints, muscles, tendons, etc.).
- For best guidance ask your healthcare professional if Eneslow rocker soles may prove beneficial.

Types of Rockers

- **Metatarsal Rocker:** Designed to reduce motion at metatarsophalangeal joints like MTPJ rocker.
- **Met-head Rocker:** Designed to reduce impact and shear to the metatarsal heads.
- **Ankle Joint Rocker:** Designed to reduce motion at ankle joint motion during heel contact and propulsion.

- **Ankle Joint Rocker with SACH Heel:** Designed to reduce impact at heel contact.
- **Equinus Ankle Joint Rocker:** Designed to lessen demand for ankle joint motion at heel contact and propulsion for equinus conditions.
- Lisfranc's Rocker is designed to support midfoot and control propulsive force to the midfoot.
- **Double Rocker:** Designed to reduce plantar midfoot forces (hammock effect) for "rocker-bottom foot.
- **Negative Heel Rocker:** Designed to lower the heel and dorsiflex the foot to off-load the metatarsals and toes.
- MTPJ Rocker: designed to inhibit the demand for dorsiflexion of the metatarsophalangeal joints; is useful in addressing hallux rigidus, like Metatarsal rocker.
- Toe-Off Rocker inhibits motion at the interphalangeal joints (IPJs) allowing roll-off at most distal point of foot contact. Used for lesions of the distal ends of the toes.

Eneslow's Pedorthic Technician's fabricate rockers in our on-site artisanal Manhattan workshop.

Eneslow rocker soles can be added to any pair of shoes. Disclaimer: some footwear because of their construction may not be suitable. Your Eneslow pedorthic technician will inspect before work begins.



Figure 1

Assets from publication with us

- Prompt Acknowledgement after receiving the article
- Thorough Double blinded peer review
- Rapid Publication
- Issue of Publication Certificate
- High visibility of your Published work

Website: www.actascientific.com/

Submit Article: www.actascientific.com/submission.php

Email us: editor@actascientific.com

Contact us: +91 9182824667