EST. 1909

ENESLOW®

SHOES & ORTHOTICS

www.eneslow.com

Eneslow Pedorthics

Custom Shoes

Custom Orthotics

External Modifications

Internal Modifications

Shoe Repair

Manhattan

1319 3rd Ave. ***at 75th St.*** New York, NY 10021 – 212.477.2300

Queens / Long Island

249-38 Horace Harding Expwy. Little Neck, NY 11362 at Marathon Pkwy – 718.357.5800

Free Parking in rear

WWW.ENESLOW.COM

Dear Friend

This is designed to help you find practical solutions for problems that affect the foot and ankle of our bodies.

Since 1909, Eneslow has been helping Americans stand and walk better. Through the generations we have been learning and practicing the art and science of Eneslow Pedorthics.

We encourage you to experience these benefits.

Getting to know your specific issue is the responsibility of Eneslow Pedorthists. They assess your specific needs and offer a course of action to help you succeed.

If you are a healthcare professional prescribing for your patient or a patient asking us to talk to your healthcare professional, we are ready to help.

Feel free to make an appointment. The first 15 minutes of pedorthic assessment are FREE.

Eneslow Pedorthics: To improve alignment, balance, gait, posture, and comfort.

The goal of Eneslow Pedorthics is to improve foot and shoe balance during weight bearing activities. to improve weight distribution, to accommodate deformities, to improve painful ambulation. Eneslow pedorthics helps the foot align with the body above and the ground below.

Eneslow modifies shoes according to the needs of each client and their feet.

We help:

- Improve posture, balance, and gait
- Relieve pain
- Increase endurance
- Be happy

If you don't see a particular modification in this book, please contact us. We are always developing new techniques to serve you.

Working with the Eneslow Custom Department

Where we do all of our work!. Here, our Master Pedorthic Technicians with over 100 years of combined experience modify each shoe to help improve posture, balance, and gait, while relieving pain and in many cases increase endurance.

All Eneslow work is custom tailored to each individual's needs with painstaking care. Some work can be completed "while you wait". Some with short turnaround. More complex work may take several weeks and multiple visits. Your Eneslow pedorthic consultant will provide completion date options for you.

Modifications may take as long as 5 to 10 business day to complete, or as quickly as "while you wait". There is an additional charge for rush orders.

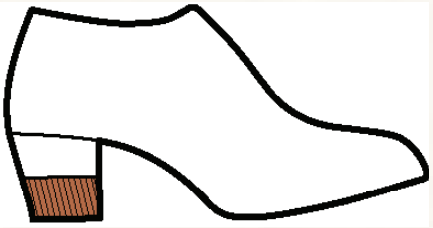
Pedorthic Modifications Terms, Definitions and Purposes.

External shoe modification: any change to outside of shoe that affects function (outsole, heel, upper). Modifications can be added on top or sandwiched between insole and outsole, or upper and lining. Eneslow's Pedorthic Technicians will fabricate external shoe modifications in our on-site state-of-the-art laboratory to improve posture, balance, and gait and relieve pain and imbalance.

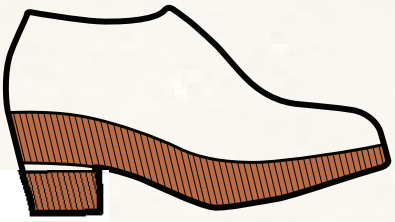
I Elevation/Build Up

Addition to outside heel and/or sole to increase height of shoe's heel.

HEEL ELEVATION: addition to the heel of the shoe to increase heel height. Heel height is measured at center of heel.



HEEL & SOLE ELEVATION: Heel, ball, and toe of shoe may be raised / built-up. If heel elevation is 1/2" or higher, a sole elevation is recommended to avoid an equinus posture. For each 1/2" added to the heel we recommend adding 1/4" to ball and 1/8" to toe.



II ROCKER SOLE

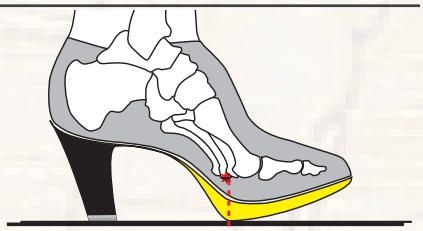
Exterior addition to the outsole that tapers off at the distal tip of the outsole; may taper off at the posterior edge of the heel, affecting biomechanical function. Curved sole which causes rocking instead of flexing action. Rocker soles are designed to: control foot motion, decrease impact forces and shock on hip, knee, ankle and foot, improve posture, balance and gait. Rocker sole is a contoured platform which controls joint motion in the sagittal plane (dorsiflexion, plantarflexion) by rocking the foot from heel strike through toe-off. By adjusting the location, height, length, and pitch of the rocker, the weight of the body causes the foot to rock as it passes over the fulcrum(s) of the shoe.

When writing work order for Rockers please specify:

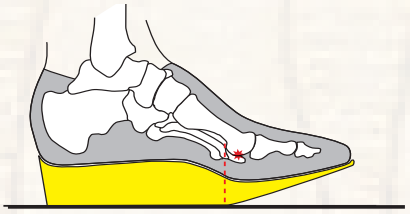
Mark the Fulcrum or pivot point (location on which a lever pivots); it should be 1/8" inch behind the area you are offloading. Height measurement of the Rocker depends on heel height and shoe size. The higher the heel, the higher the Rocker CAN be.

A. FOREFOOT (SOLE ONLY) ROCKER

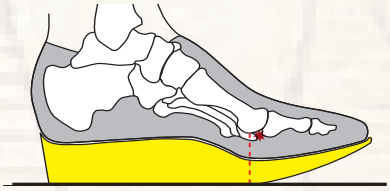
❑ *METATARSAL ROCKER:* (shoe with separate heel); Reduces ground-reactive force to the metatarsal heads to relieve metatarsal and neuroma pain.



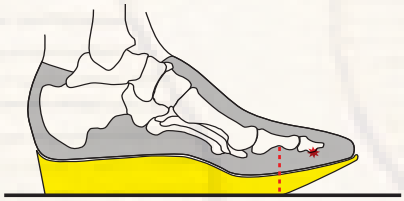
❑ *MET-HEAD ROCKER:* (shoe with wedge sole); Reduces ground-reactive force to the metatarsal heads to relieve metatarsal and neuroma pain.



❑ *MTPJ ROCKER:* Controls MTP joint motion by inhibiting demand for dorsiflexion of MTP joints and toes. Useful for hallux limitus, hallux rigidus, neuroma, and lesions of the metatarsals.

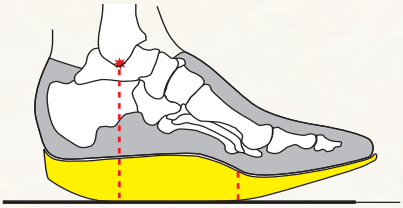


❑ *TOE OFF ROCKER:* Reduces pressure and shear on toes and inhibits motion at the MTP joints and IP joints allowing roll-off at most distal point of foot contact.

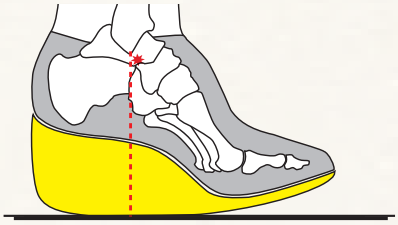


B. FULL SOLE (HEEL, BALL, TOE) ROCKER:

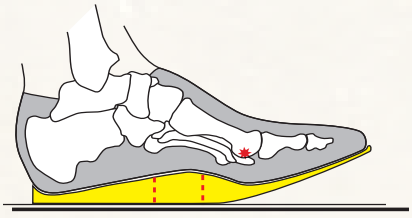
- ❑ *Ankle Joint Rocker:* Lessens demand for ankle joint motion at heel contact and propulsion. Useful for fixed or limited ankle joint motion deformity.



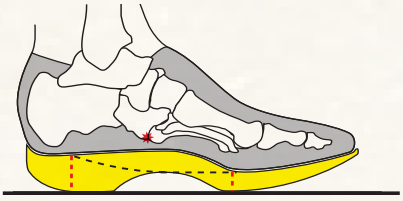
- ❑ *Equinus Ankle Joint Rocker:* Reduces demand for the ankle motion at heel contact and propulsion for fixed plantarflexed (equinus) deformity.



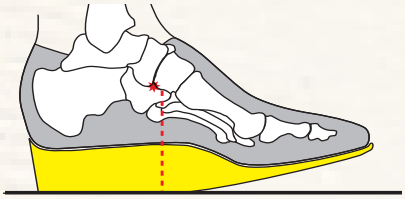
- ❑ *Negative Heel Rocker:* Maintains foot in dorsiflexed position (negative heel) to off-load the forefoot.



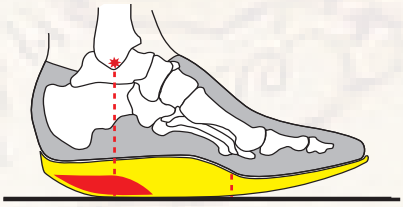
- ❑ *Double Rocker:* Absorbs plantar midfoot forces (hammock effect) while controlling motion from heel contact thru propulsion.



- ❑ *Lisfranc's midfoot Rocker:* Supports and stabilizes midfoot while providing rocking effect; reduces propulsive force to the midfoot.



- ❑ *Ankle Joint Rocker with SACH (cushion) heel:* Reduces impact forces by absorbing shock; delays moment of heel contact; may create less stability at heel contact.

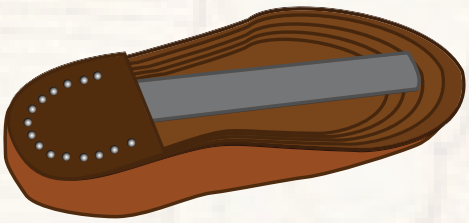


C. CUSHION HEEL ((SACH: SOLID ANKLE CUSHION HEEL):

Soft shock absorbing material is inserted into posterior portion of the heel replacing firm heel base under firm top lift. Reduces shock at heel strike, and compensates for lack of ankle motion. At heel contact cushion diminishes moment of force; reduces demand for ankle motion and knee flexion; absorbs impact; used for Calcaneal Fracture, Ankle Arthrodesis & Arthritis, Heel Pain.

D. STEEL SOLE BAR/EXTENDED RIGID SHANK:

❑ *STEEL SOLE BAR/EXTENDED RIGID SHANK:* Firm, stiff, inflexible addition to the shoe sandwiched between insole and outsole extending from heel-to-toe. Makes shoe more rigid in sagittal plane, for painful or fixed joints; used with rockers.



❑ *RIGID CARBON GRAPHITE FOOT PLATE:* rigid insole fits inside shoe to prevent sagittal plane motion

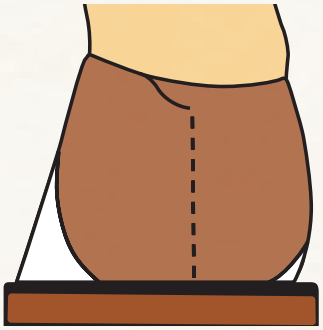
III MET-BAR

❑ *METATARSAL BAR:* Exterior platform added to sole of shoe to redistribute pressure from metatarsal heads to relieve pain, pressure and shear. Apex of bar is placed proximal to (behind) metatarsal heads. The bars are of various shapes, heights and location depending on metatarsals affected.

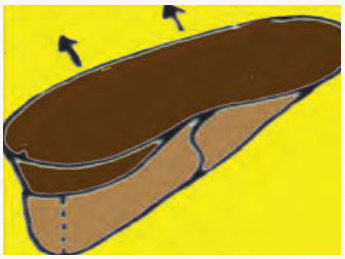
IV STABILIZERS

❑ *HEEL COUNTER STABILIZER/BUTTRESS:* an extension of the base of an existing heel medially (toward the body midline) and/or laterally (away from the body midline), encompassing the shoe counter; designed to stabilize the hind foot and midfoot and to provide a broader base of support. Effective for Posterior Tibial Tendon Dysfunction, Chronic Ankle Sprain, Pronation Related Disorders, Spastic Rear foot Valgus, Post-Polio, Spina Bifida, Charcot-Marie-Tooth, and other conditions requiring frontal plane control (eversion, inversion).

❑ *Buttress (Offset):* 1/2” to 1” Wide; Tapers at Shoe Upper.



❑ *Flared Heel (Outrigger Added On Top Of Heel):* an extension of the base of a heel medially (toward the body midline) and/or laterally (away from the body midline).

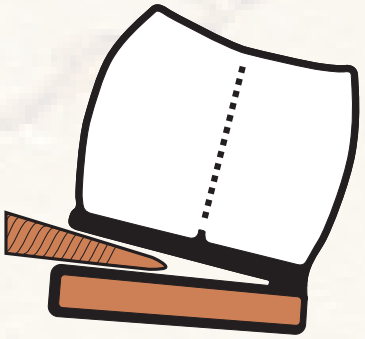


❑ *Flared Heel & Sole (Outrigger Added On Top Of Heel And Sole):* an extension of the base of a heel and sole medially (toward the body midline) and/or laterally (away from the body midline).

❑ *Thomas Heel:* An anterior medial extension longer than the standard heel to add hind foot or midfoot support medial arch. Inner part of the heel extends 1/2”. Provides extra support under the arch.

❑ *Lateral (Reverse) “Thomas” Heel Extension:* an anterior lateral extension longer than the standard heel to add hindfoot and midfoot support laterally. Provides extra support to prevent lateral instability. Outer part of the heel extends 1/2”. May include lateral flare.

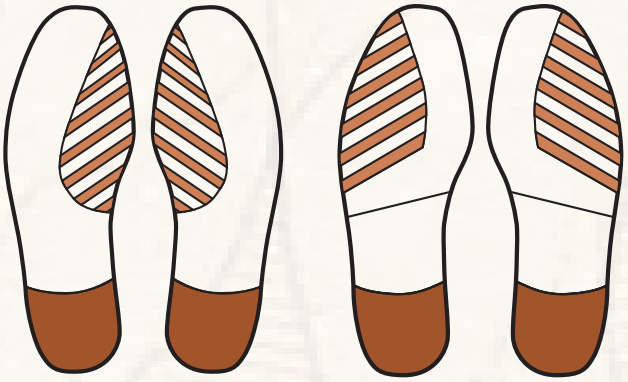
❑ *Wedge (Post):* An external angular wedge applied to the heel and/or sole of shoe. Medial or lateral heel wedges add an extrinsic posting to rotate (tilt) foot into varus or valgus in the frontal plane (inversion, eversion). Wedge can be at the heel, sole, or applied from heel to sole. In fixed deformity, wedge can be used to accommodate the position of function, bringing the ground up to the foot. Used for Pronation or Supination disorders.



❑ *Forefoot (Sole) Wedge*

Sandwich or on Top

1/8" to 1/4" at Apex



V UPPER MODIFICATIONS

❑ *Counter (Rear Quarter) Excavation:* Removing the counter, Fill With Compressible Foam; Used to Reduce Friction and Pressure, Haglund's Deformity, Pump Bump, Retrocalcaneal Bursitis

❑ *Heel Counter Stabilizer:* Firm plastic or leather counter reinforcement added to Counter of Shoe. Reduces frontal plane motion (inversion, eversion); provides increased Control for Foot Orthoses. Used for Plantar Fasciitis, Posterior Tibial Tendon Dysfunction,

❑ Add Counters Leather or Plastic

❑ Replace Counters w/Leather Cover

Other modifications to Upper of shoe

❑ Convert closed toe into open toe)

❑ Lower at the Ankle and Rebind

❑ New Straps (buckles, velcro, etc.)

❑ Bubble or Balloon Patch

❑ Toe Patches

❑ Add Gussset to boots

❑ *Convert To Rear Zipper Entry:* an additional zipper is added to a low-top shoe, high-top shoe or boot for easy and fast entry.

❑ *Convert To Rear Velcro Entry:* an additional velcro is added to a low-top shoe, high-top shoe or boot for easy and fast entry.

❑ *Add Collar to Low Quarter Shoe:* an additional strip of material stitched around the top line of the shoe, sometimes padded. A collar may convert a low-top shoe into a high-top shoe or boot.

❑ *Velcro & Closures (Overlap)*
Velcro Additions for Arthritic Patients with Deformed Hands; Stroke Patients; Patients Who Have Trouble Bending Down; Great Alternative To Lacing

Used for:

- Rigid Ankle and/or Foot
- Patients with Solid Ankle Foot Orthoses (AFO)
- Inflammation of the Foot or Edema

❑ *Velcro & Closures (Overlap)*

Flat Type: up to 2" wide

Double up to 2" wide

Triple up to 2" wide

❑ "D" Ring

❑ Single up to 2" wide

❑ Double up to 2" wide

❑ Triple up to 2" wide

VI RECRAFTING

❑ *Re-last (Shoe Surgery):* spreading the forefoot/midfoot (width). Improves fit for ready made footwear. Provides room for collapsed arch. Provides room for inverted foot and orthoses. Accommodates base of 5th metatarsal. Better fit for wide forefoot with narrow heel. Accommodates foot deformities in footwear. Recrafting: Shoe Fit Alterations

❑ Boot Shaft (Leg)

❑ Let-out/add to shaft - Calf

❑ Take-in shaft (make narrower) - Calf

Brace Attachments

❑ New Caliper or Stirrup
❑ Transfer of Caliper/Stirrup
❑ New T-Strap
❑ Transfer of T-Strap

VIII INTERNAL MODIFICATIONS

❑ **Metatarsal Pad**

Placed just behind the problem met head
Metatarsalgia or localized callosities on the ball of the foot.
Relieves pressure under metatarsals
Great comfort for dress shoes

❑ **Metatarsal Bar**

Wider metatarsal pad
Corns and calluses across the metatarsal arch
Evenly distributes pressure across entire met arch
By reducing pressure corn and callus will reduce
Hammer toes & plantar flexed mets

❑ **Scaphoid Pad/Long Arch Pad**

Placed from behind 1st mpj to anterior of the heel
Additional medial arch support
Help pronation
Plantar fasciitis
Acts as a shock absorber
1st met & 1st mpj disorders

❑ **Sesamoid Pad/Dancers Pad**

Place on top of met heads w/ big toe in the pocket
Turf toe & sesamoiditis
Irritations under the big toe
Relieve calluses and blisters under the big toe
Common use by dancers

❑ **Morton's Extension**

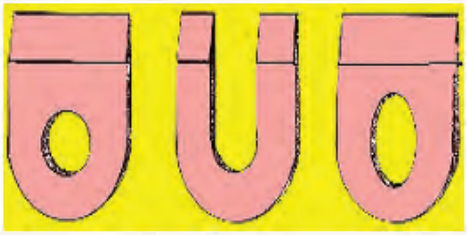
Added under first met head & extends to 1st ipj, or end of hallux
1/18– 3/16" Thickness
Increase load under 1st met head
Use in orthotics or shoe insert
Hallux limitus, use flexible material to help increase 1st mpj range of motion
Hallux rigidus, use rigid material to limit joint motion
For rigid design use with met rocker

Medial Sole Wedge Lateral Sole Wedge

❑ **Neuroma Pad**

Pad placed between metatarsal shafts to relief nerve pain
More commonly between 3rd and 4th met shafts
Pad 1/8 to 1/4" High
Use with Wider Shoe To Achieve Relief
Use In Orthotics or Shoe Insert

Excavations: Insole excavation include filters with silicone gel, ppt, or poron top cover.



- ❑ Heel
- ❑ Midfoot
- ❑ Forefoot

Heel spur excavations
Reduces impact pressure in painful area
Work great for Bony Prominences
Filled with Memory Foam
Concave (horseshoe, donut)

Internal Shoe Adjustments

- ❑ Heel grips
- ❑ Tongue Pads
- ❑ Felt Half Insoles
- ❑ Halters
- ❑ Felt Heel Pads
- ❑ Horseshoe Correction

❑ ENESLOW'S DRESS COMFORT COMBINATION

PPT Cut Out At the Ball; Forefoot Rocker; Arch Support With Leather Cover

- Excavation Of the Forefoot
- Filled with Soft Foam or Liquid PPT
- Arch Support Covered With Upper Matched Leather
- Optional Metatarsal Pad For Pressure Relief
- Optional Heel Wedge For More Correction
- Inside Of the Shoe Covered with Leather Insole
- 1/4" Forefoot Rocker

This is Eneslow's unique modification, making walking in high heel shoes unbelievably comfortable. You can stand and walk longer without foot pain.

IX CUSTOM SHOES

❑ Custom Shoes

Eneslow custom footwear is designed and produced in our on-site state-of-art lab. Last making, upper making, completion and delivery of each custom shoe is under the direction of Eneslow's senior pedorthic staff.

Each pair is painstakingly crafted to help solve foot problems while offering beautiful styling.

Women

- ❑ Hi-Top Shoes
- ❑ Dress Shoes
- ❑ Sandals (dress)

Men

- ❑ Hi-Top Shoes
- ❑ Dress Shoes
- ❑ Sandals

Molded

- ❑ Hi-Top
- ❑ Shoes
- ❑ House Sandals

X CUSTOM ORTHOTICS

- ❑ Eneslow fabricates and dispences custom orthotics in our state-of-art lab. We use materials to achieve biomechanical goals based on written orders from healthcare professionals. Whether your needs are for work, dress, or play, Eneslow has the style best suited to work with your footwear.

- ❑ Rigid
- ❑ Semi-Rigid
- ❑ Flexible
- ❑ Accommodative
- ❑ Full Length
- ❑ 3/4 Length to calcus
- ❑ 3/4 Length proximial to met heads

- ❑ Eneslow in-stock footwear

Eneslow carries a large selection of footwear to fit witg orthotics for men, women, and children (Little Neck location only).