

## Introducing Your Heel-Lift

Heel-lifts literally change the position and function of every joint, muscle, ligament and nerve in your body. Don't underestimate them. They can have a dramatic effect on your strength and balance. Sometimes though they can cause problems as the body adjusts so we usually introduce them gradually.

**Recommended Schedule:** Start with the lowest level of heel-lift (A2/ A4). On the first day wear the heel lift for 5 minutes every few hours. Each day increase the amount of time your wearing it so that after 2-3 weeks you are wearing it continuously.

Once you are used to one particular height of heel-lift and you need to change the height of your heel-lift alternate your new heel lift with your old. Again gradually introduce the new heel-lift.

**WARNING:** If you start to get any unusual symptoms (headaches, arm pain, swollen ankle etc..) or aggravation of your original complaint slow down the introduction of the heel-lift and consult your chiropractor.

**Note:** the use of the heel lifts is a trial and may not work for your particular case. However your chiropractor has taken every precaution and has determined you as good candidate for a heel-lift.

**Wearing the heel lift.** To stop your heel lift sliding around we recommend you either use a piece of blue-tack, some velcro or if there are some pull out insoles in your shoes place the heel-lift under them.

**Are they temporary?** If the heel-lift works for you then you will need to wear one indefinitely. Cork heel-lifts are temporary, though they often have a surprisingly long life. If you have other foot problems such as flat feet, you can be fitted for a pair of orthotics with an integrated leg-length correction. If a large amount of height is required you may find it easier to have the raise attached to the heel of your shoe.

