Eneslow Custom Shoe Repair, Restoration, Functional, Accomodative,

A Pedorthic Guide to Shoe Modifications

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Fax: (718) 357-0531
Mission: “To improve the quality of people’s lives from their first step to last in shoes that looks as good as they feel.”

Locations

470 Park Avene South, New York, NY 10016
212/477-2300 (tel); 212/477-2156 (fax)

254-61 Horace Harding Expressway, Little Neck, NY 11362
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Footwear and Related Devices

Eneslow, The Foot Comfort Center, provides total foot care for both healthy feet and those suffering from common and not-so-common foot ailments or injuries. In addition to NYC’s largest selection of comfort shoes, available in virtually every size and width imaginable, Eneslow offers orthopedic and therapeutic footwear, foot orthoses and related devices, and shoe modifications. Eneslow’s mission is to improve the quality of life, from the foot up. Eneslow’s Staff of over 40 highly trained footcare professionals includes fifteen (15) board certified pedorthists (C.Peds.), who are available to help solve foot problems and fill prescriptions for the hundreds of doctors who regularly send their patients to Eneslow. Eneslow’s on-site state-of-the-art custom workshop enables customers to have their shoes repaired, modified, or even custom made. Eneslow is an accredited facility of the ABC Board for Certification in Orthotics, Prosthetics and Pedorthics.

Eneslow Pedorthic Institute (EPI):
The Eneslow Pedorthic Institute (EPI) was founded in 1995 to fill a gap in the understanding of the design, manufacture, modification, and proper fit of shoes and foot orthoses. EPI is led by its founder, Robert S. Schwartz, C. Ped., and Justin Wernick, DPM, C.Ped. Medical Director. EPI sponsors courses, conferences and seminars on an on-going basis. EPI conducts pedorthic pre-certification courses to prepare candidates to become a certified pedorthists (C.Ped.).

ENESLOW.COM: Eneslow’s all-inclusive website provides visitors with a virtual tour of many of Eneslow’s innovative products and services.

Business Hours:
Monday-Tuesday-Wednesday-Friday-Saturday: 10:00 AM to 6:45 PM
Thursday: 10:00 AM to 7:45 PM  Sunday: 11:00 AM to 5:45 PM
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## STATEMENT OF PURPOSE

This catalog was created as an introduction to the wide range of shoe modification modalities that Eneslow can provide. It can also be used as an educational tool to expand understanding and communication between foot health professionals.
The purpose of Pedorthic Shoe Modifications
When other treatment modalities have not relieved or improved pain, balance, alignment, posture, or gait, ready made shoes can be modified to address many foot problems.

Pedorthic shoe modifications offer many advantages. They are less expensive than custom shoes, can be created quickly to provide more immediate relief, and can be used as a diagnostic tool to determine which accommodations are best suited to a patient's condition before creating custom footwear.

Objectives
- Redistribute forces
- Improve stability
- Accommodate deformities and areas of pressure
- Relieve pain

Types of Pedorthic Shoe Modifications
- External modifications
- Internal modifications
- Upper modifications
- Sandwich modifications
- Shoe repair/refurbish

We can also repair, restore and retrofit existing footwear to meet a patient's needs.
Indications:
- Heel Spur
- Heel Ulcer
- Plantar Fasciitis/heel pain
- Muscular skeletal degeneration (neck, back, hips, knees.)
- Alternate shock and reduce ground-reactive forces to the rear-foot

Objectives
- Alternate shock and reduce ground-reactive forces to the rear-foot
- Improve heel base stability

Internal
- Heel cradles, cups, wedges, pads, etc.

External
- SACH (Solid Ankle Cushion Heel)
- Thomas Heel
- Extended Lateral (Reverse) Thomas Heel
- Bevel (rock up) heel at contact to slow foot slap

add picture of bevel - delete this note

www.lesenlow.com
Stabilizing the Rear foot?

**Indications**
- Excessive or inadequate pronation/supination
- Peroneal paralysis (stroke; polio)
- Extreme genu valgum, and varum
- Posterior tibial tendon dysfunction and rupture
- Poor stability caused by conditions such as Ankle sprains
- Extreme medial or lateral instability
- Peroneal muscle atrophy (Charcot Marie Tooth)

**Objectives**
- Reinforce the structure of the shoe to prevent excessive inversion or eversion forces of the foot and ankle when the vertical forces fall laterally or medially to the position of the foot and ankle

**Techniques**

- **Medial Heel Flare with Buttress**
  - Reinforce ????

- **Lateral Heel Flare**
  - Adds lateral stability
  - Rear Foot
Controlling Pronation/Supination

- Excessive or inadequate pronation/supination
- Peroneal paralysis (stroke; polio)
- Extreme Genu valgum, varum
- Posterior tibial tendon dysfunction and rupture
- Ankle sprains
- Extreme medial or lateral instability
- Peroneal muscle atrophy (Charcot Marie Tooth)
- Frontal Plane Mechanics
- Stabilization of weak counter

Objectives

- Augment eversion/inversion (pronation/supination) forces not being fully addressed by footwear and/or orthotic devices.
Improving Balance:

Indications
- Structural asymmetry
- Gait inefficiencies
- Functional or anatomical leg length discrepancies
- Equinus influences.

Objectives
- To help improve balance, alignment, posture and gait
- To relieve discomfort and pain.

Internal
- Heel only
- Maximum for:
  - 1/4” Low Quarter
  - 1/2” H. Top Boot

External
- Heel only
- Heel and Sole

Examples of Heel and sole elevation
- Internal Lift. Heel only.
- Heel & Sole Elevation
  - Changes original heel pitch.
  - Maintains original heel pitch. Sandwiched in midsole.
Alleviating Pressure:

Indications
- Metatarsalgia, plantar flexed metatarsal
- IPK (Intractable Plantar Keratosis)

Objectives
- Relieve/reduce pressure to the met heads by placing the metatarsal bar proximately to the metatarsal heads.
- Allowing propulsion with some reduction of MPJ dorsiflexion, midfoot, subtalar, and ankle motions.

Techniques

Metatarsal Bar
Diffuses pressure on Metatarsal Heads

Thomas Bar
Supports shank area (midfoot)
Sole Modifications

Accomodating Foot Shapes:

Indications
- Unusual shape and sizes of feet
- When custom made shoes are not within a patient's budget
- An economical approach to customized footwear

Objective
- Modify size and fit within shoe to accommodate out of ordinary foot shape and volume
- Effective solution for fashion shoe wearer

Techniques

Fit alterations
- Widening
- Stretching
- Shoe surgery
- Relasting

Shown in red for display purposes.

Lateral Heel and Sole Relasting (Remodeling) Accommodates base of 5th metatarsal Provides room for inverted foot and orthosis. Allows improperly fitting shoes to fit properly. Improves fit of ready-made footwear
Diffusing Pressure:

Indications
- Dorsal exostosis
- Plantar flexed 1st ray
- Dropped met head
- Calcaneal spur
- Haglund’s deformity
- Any sensitive area or lesion that would benefit by the relief of pressure

Objective
- Diffuse pressure
- Plantar accommodations
- Accommodates deformities
- Redistribute pressure to more tolerant areas

Techniques

Shoe Stretchers:
Create pocket in upper of shoe
Provide room for bony prominence
Stretch shoe in different directions
Use with liquid and heat to soften leather

Heel Excavation:
Medial-Lateral-Central
Cut out heel counter; excavate
May fill with compressible foam (Shore A 10-15)

Upper Cutout and Balloon Patch
Indications:
Hallux valgus
Hammer toe
Dorsal Exostosis

Conversion to stretch material over bump.
Diffusing Pressure:

Plantar Relief in Dress Shoes
PPT Cut Out At the Ball—Forefoot Rocker — Arch Support With Leather Cover

1. Excavation of the forefoot
2. Filled with soft foam or liquid PPT
3. Arch support covered with upper matched leather
4. Optional metatarsal pad for pressure relief
5. Optional heel wedge for more correction
6. Inside of the shoe covered with leather insole
7. 1/4” forefoot rocker

This is Eneslow’s unique modification, making walking in high heel shoes unbelievably comfortable. So your patients can stand and walk longer without foot pain.
Excavations, Dispersions and Pads: (continued)

Diffusing Pressure:

Metatarsal Pad
- Placed just behind the area of discomfort met head metatarsalgia or localized callosities on the ball of the foot.
- Relieves pressure under metatarsals
- Great to increase comfort for heeled dress shoes

Metatarsal Bar
- Wider metatarsal pad
- Cushion corns and calluses across the metatarsal arch
- Evenly distributes pressure across entire met arch
- By reducing pressure corn and callus will reduce hammer toes and plantar flexed mets

Scaphoid 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 and 1st mpj disorders

Sesamoid Pad/ Dancers Pad
- Place proximately to met heads with 1st mpj in pocket
- Turf toe and sesamoiditis
- Irritations under the big toe
- Relieve calluses and blisters commonly used by dancers

Morton’s Extention
Added under first met head and extends to 1st ipj, or end of hallux
⅛–⅛“ Thickness
Blocks motion
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
Diffusing Pressure:

Heel Spur Excavations
- Reduces impact Pressure in painful area
- Work well for bony prominences
- Filled with Memory Foam
- Concave (horseshoe, donut)

Neuroma Pad
- Pad placed between metatarsal shafts to relief nerve pain
- Most 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

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### UPPER SHOE MODIFICATIONS

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### INTERNAL SHOE MODIFICATIONS

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### EXCAVATIONS, DISPERSSIONS AND PADS:

(continued)
Enclosures

Improving Access:

Indications
- Geared to patients with manual dexterity limitations
- Rigid ankle, knee, hip and back disabilities
- Paralysis

Objective
- To create an easier way to allow foot entry and closure

Techniques

Velcro addition
Hook and Loop

Rear-entry closures applied to various styles of shoes and boots.
Rocker Bottoms

Reducing Painful Motion:

- Orthotic devices address frontal and triplane deficiencies
- Rocker bottoms address sagittal plane problems
  (We walk in the sagittal plane)

Indications

- Address painful or immobile joints that function on the sagittal plane (the line of progression when walking).

Rockers reducing painful motion

- Ankle joint
- Lisfranks
- Metatarsals -bones
- Metatarsals -phalangeal joints

Objectives

- Reduce pressure motion in painful joints, prevent compensation to rigid joints and reduce ground reactive forces

Techniques

- **Heel to toe rocker**: Is the most common design.
- **Healing/negative rocker**: Maintains the foot in dorsiflexion to off-load the forefoot.
- **Ankle joint rocker**: Inhibits the demand for motion in the ankle joint.
- **MPJ rocker**: Inhibits the demand for dorsiflexion of the toes and is useful in addressing hallux rigidus or lesions of the distal ends of the toes.
- **Met-head rocker**: (more commonly done than heel-to-toe) reduces ground-reactive force to the metatarsal heads.
- **Lisfrancs rocker**: Reduces propulsive force to the midfoot.
Rigid Rocker Bottoms

Reducing Painful Motion:

Indications
- Hallux Rigidus
- Charcot Arthropathy

Objectives
- Maintain a fulcrum to control sagittal plane ground reactivates forces

Techniques
- Adding an internal rigid steel or carbon graphite plate to the shoe, reducing painful motion
- Providing a rigid fulcrum for the foot to pass over

**METATARSAL ROCKER:**
- Activate neglected muscles
- Improve posture and gait
- Tones and shape the body
- Can help with back, hip, leg and foot problems
- Ameliorates joint, muscle, ligament and tendon injuries
- Reduces stress on knee and hip joints

**MBT rocker** forces the patient to adopt correct upright posture, reduces forward leaning and resulting strain on the lower back.

Double rocker will relieve specific problem area or prominence on the plantar surface of the foot.
Eneslow provides your patients with the finest quality Custom Made Shoes, hand-crafting every shoe based on each individual case.

Each shoe that leaves our state-of-the-art factory goes through numerous stages.

First, we analyze biomechanics and map out each patient’s unique needs, in order to provide optimum comfort for both short- and long-term benefits. Our master Craftsmen, with over 100 years of combined experience, begin the long process of reshaping the last based not only on the static foot but also on the dynamic foot.

The craftsman designs a last that will provide the maximum comfort and fit through each stage of the gait cycle.

At this stage, the shoemaker, in conjunction with the Certified Pedorthist, creates any additional modifications - all of the finest full-grain leathers and space-age materials available today. Once the shoe is fitted, Eneslow stands ready to make any necessary adjustments needed until the perfect combination of style, fit and comfort has been achieved.

Bringing your patients “old world” craftsmanship with new technologies!
At one time or another, foot pain is a problem that affects all of us, males and females, young and old. The problems can range from simply wearing the wrong sized shoes, to common and uncommon ailments. Unfortunately this is a part of life that many of us experience.

Eneslow Pedorthic Enterprises was founded in 1926 to serve the medical community and the public by providing footwear and related devices to prevent and relieve painful and debilitating conditions that are managed at the foot and lower extremity. The Eneslow Pedorthic Institute (EPI) was created in 1995 to enhance the Pedorthic profession and offer Pedorthic education and training to healthcare professionals and the public.

Today, Eneslow Foot Comfort Centers offer footwear that is designed to be attractive while "improving the quality of people’s lives from the foot up.”

The EPI faculty is lead by:

Justin Wernick, D.P.M., C. Ped.
Medical Director, Eneslow Pedorthic Institute

Robert S. Schwartz, C. Ped.
Founder, Eneslow Pedorthic Institute; CEO Eneslow Pedorthic Enterprises, Inc.

Courses available:

- EPI Certified Shoe Fitter Course
- EPI Advanced Pedorthic Pre-Certification Course for Podiatrists and other qualified healthcare professionals
- EPI Pedorthic Pre-Certification Training Course
- Eneslow EPI Training and Tutoring Program for individual and small group programs

For more information on the Eneslow Pedorthic Institute Pedorthic Pre-Certification course and other EPI education and training programs go to www.eneslow.com/epi, contact us at (212) 477-2300, or email to epi@eneslow.com.

Pedorthic pre-certification course is accredited by CAPE (Commission on Accreditation for Pedorthic Education)