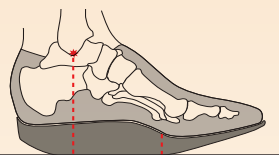


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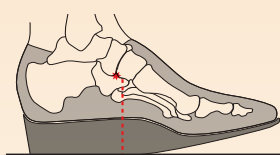
ENESLOW ROCKER SOLE TECHNOLOGY

Rocker soles are designed to:

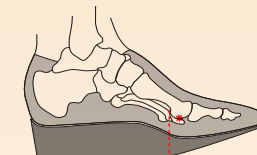
Control foot motion • Decrease impact forces and shock on hip, knee, ankle and foot • Improve posture, balance and gait



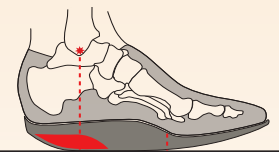
Ankle Joint Rocker lessens demand for ankle joint motion at heel contact and propulsion.



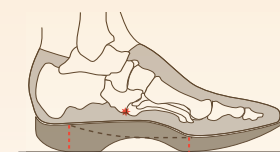
Lisfranc's Rocker reduces propulsive force to the midfoot.



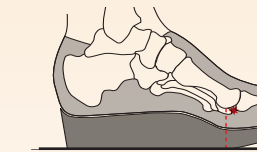
Met-head Rocker reduces ground-reactive force to the metatarsal heads.



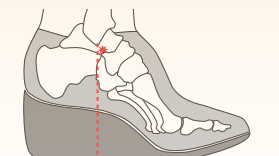
Ankle Joint Rocker with SACH Heel reduces impact, creates instability.



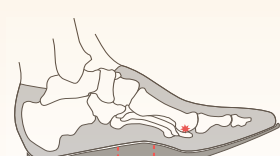
Double Rocker absorbs plantar midfoot forces (hammock effect).



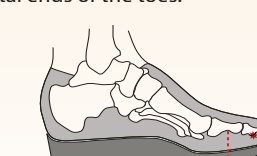
MTPJ Rocker inhibits the demand for dorsiflexion of the toes and is useful in addressing hallux rigidus or lesions of the distal ends of the toes.



Equinus Ankle Joint Rocker lessens demand for ankle joint motion at heel contact and propulsion.



Negative Heel Rocker maintains the foot in dorsiflexion to off-load the forefoot.



Toe Off Rocker inhibits motion at the MPJs, IPJs allowing roll-off at most distal point of foot contact.

Indications for Rockers

Back

- Mechanical low back pain
- Hypermobility (mild spondylolisthesis)
- Scoliosis
- Subacute chronic disc prolapse
- Postural dysfunction
- Neck Pain

SI joint and pelvis

- Sacroiliac joint Dysfunction
- Pelvic instability
- Functional oblique pelvis position

Feet and ankles

- Heel spur
- Hallux limitus/rigidus
- Bunions (exostosis)
- Mid-foot OA
- Achilles tendinopathy
- Sprained ankle
- Ankle fusion
- Tibialis anterior/

posterior tendinopathy

- Shin splint
- Following fractures of the lower leg
- Following immobilization
- Metatarsalgia
- Plantar fasciitis

Hip

- Hip OA
- Weak hip stabilizers
- IT band syndrome
- Following hip replacement
- Piriformis syndrome

Circulatory

- Varicose veins
- Lymphodema

Knee

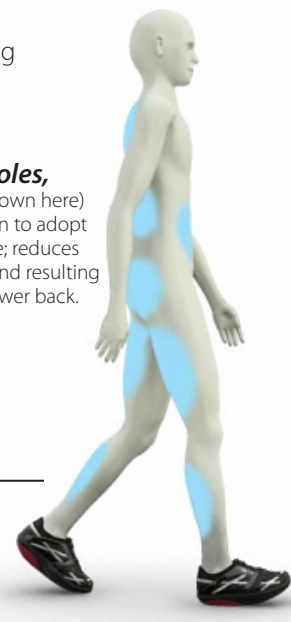
- Patella tendinopathy
- Ligament injuries
- Extension deficiency following knee surgery and immobilization

- Knee joint instability
- Knee OA
- Following knee replacement
- Following ligament reconstruction
- Following meniscectomy
- Following knee arthroscopy

Contraindications

- Acute conditions and inflammations
- Spinal stenosis
- History of falling
- Vertigo

Rocker soles,
(like the MBT shown here)
forces the person to adopt upright posture; reduces forward leaning and resulting strain on the lower back.



Rocker soles can be added to any shoes. To find out more, please contact us at

**470 Park Avenue South @ 32nd St. NYC at 212.477.2300 , at 1504 Second Ave @ 79th St. NYC at 212.249.3800
or 254-61 Horace Harding Expwy, Little Neck, NY 11362 718.357.5800.**

You may also email us at info@eneslow.com

READY MADE ROCKER SOLE SHOES AT ENESLOW

FINNAMIC by Finn Comfort

'Pretoria' Walking Shoe: Handcrafted comfort shoe features a uniquely shaped rocker sole that reduces stress on your knees and joints, while helping to tone your muscles and improve posture.



- Lace-up style
- Removable orthopedic footbed
- Leather upper & lining/ polyurethane sole
- Men/Women

CLARKS WAVE

Wave.wheel: for women, has a flexible soft upper and requires no break in. Features stitching and tonal overlay detail. Removable Ortholite footbed plus removable EVA heel support reduces step shock and provides walking support. Also allows for the use of custom orthotics.



- Heel Kicker transitions heel motion
- Rocker Sole minimizes impact of each step
- Concave Heel designed to soften heel strike

RYN

Nazca: RYN Footwear significantly reduces joint stress, and maintains excellent lateral stability. Wearing RYN Footwear will also increase muscle activity, and stimulate core and posterior muscle groups.



- tones the body
- enhance blood circulation
- help to prevent spinal disc hemiation
- help to protects and strengthen knee joint

Mephisto

Sano - Raptor: With its Multi Vibration System in the midsole and the rocker style outsole, the Sano Evasion encourages better posture and activates ignored muscles and improves muscle tone. It's also possible to put an extra padding is needed around the hell, collar and tongue.



- Enhances blood circulation
- Relaxes tense muscles
- Improves posture and soothes joints
- Tones and tightens

Z-Coil

Santa Fe: Z-Coil's patented, shock-absorbing design greatly reduces impact to the body and distributes pressure more evenly across the foot than conventional shoes do. The Santa Fe for example, a dress casual work shoe, has a soft full-grain leather upper and an extra-soft felt-lined insole.



- Double-toe stitching
- Lace-up styles
- Available in running shoes, walking shoes, hiking boots, sandals and clogs
- Men/Women

MBT,

Fora: With this footwear the effects of walking are both training and massage. Biomechanical design helps to improve the way of using muscles and joints.



- Improve blood circulation, balance and posture
- Curved layered sole improves posture
- Lace-up style
- Men/Women

Dansko

Professional: The high toe box gives toes plenty of room to move, while the rocker-bottom design enhances the walking motion. Protective Polyethylene heel counter allows the heel to move up and down when walking. Also provides lateral stability and acts as a natural shoe horn.



- Open-back style
- Instep collar is generously padded
- Outsole provides shock absorption and flexibility

Xsensible

Stretch Walker: Stretch Walkers combine a Japanese sole and Xsensible stretch technology. The bottom sole is the balance point that promotes automatic roll-off of the foot.



- Make walking easier.
- Body's posture improves
- The diagonal wedge causes natural roll-off

FitFlop

Walkstar I RED: FitFlop footwear is biomechanically engineered to help tone and tighten your leg muscles while you walk in them. Studies at the Centre for Human Performance at LSBU show that normal walking in FitFlop sandals(1) can help:



- improve posture
- reduce plantar foot pain
- reduce shock and load your bottom and leg muscles more
- Microwobbleboard™ midsole technology

Skechers Shape Ups

Metabolize: Shape Ups are designed to get fit while walking; it will enhance the feeling and looking; muscles get toned, calories are burned and the posture improves.



- Kinetic wedge
- Promote weight loss
- Strengthen the back, calf and buttock muscles
- Lace-up style
- Reduce stress on knee and ankle joints

Alden-Pedic CDI (Contour Depth Inlay) last. Designed to accommodate full length orthotics. Constructed to fit a medium or low arch and flat foot



- Lace-up style
- Business Wear

New Balance

1123: The latest model in the 1100 Motion-controlled has an ABZORB® SBS in heel & forefoot providing optimal shock absorption & no compression set

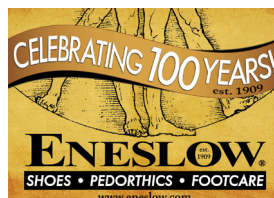


- Multi-density insert
- Crash pad for maximum durability
- Blown rubber outsole is lightweight and cushioned
- Suede overlays for additional comfort

To feel the difference and experience the changes visit your nearest Eneslow location. And while you are there, take a tour of our facilities.

*All features and benefits based on MFR claims.

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