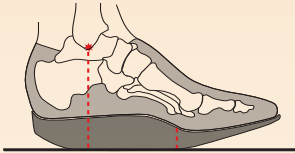


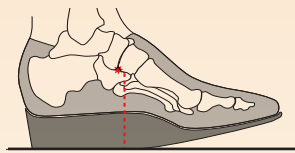
Rocker soles are designed to:

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

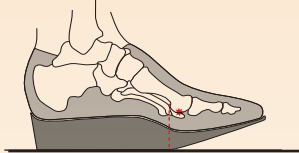
www.eneslow.com
email: info@eneslow.com



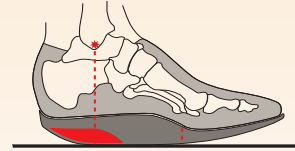
Ankle Joint Rocker lessens demand for ankle joint motion at heel contact and propulsion.



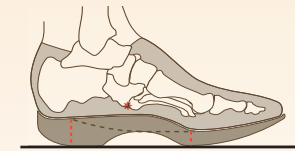
Lisfranc's Rocker reduces propulsive force to the midfoot.



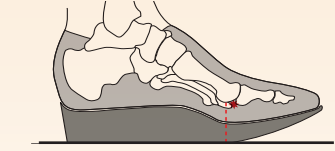
Met-head Rocker reduces ground-reactive force to the metatarsal heads.



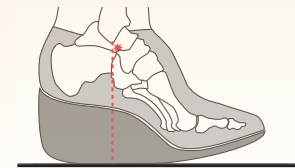
Ankle Joint Rocker with SACH Heel reduces impact, creates instability.



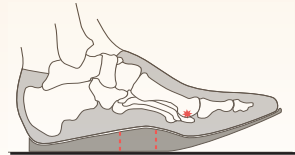
Double Rocker absorbs plantar midfoot forces (hammock effect).



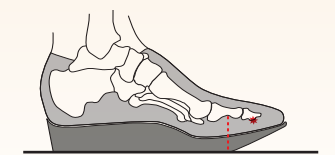
MTPJ Rocker inhibits the demand for dorsiflexion of the toes and is useful in addressing hallux rigidus or lesions of the distal ends of the toes.



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

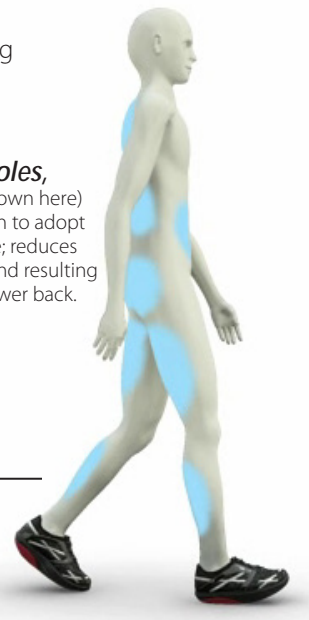
- Patella tendinopathy
- Ligament injuries
- Extension deficiency following knee surgery and immobilization

- 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

