

# Heel Wedges



Wedges can be added under the heel of any arch support. It is very common to wedge the heel of an Orthotic to gain more control. Improving bad alignments can help ankles, knees, and lower back. We recommend you do not go above 6mm in wedges unless you have had experience using them or prescribe by your doctor. Wedges will change your alignment and can cause discomforts in the body for up to 30 days. These discomforts will fade as the body adjusts to its new alignment.



Before After

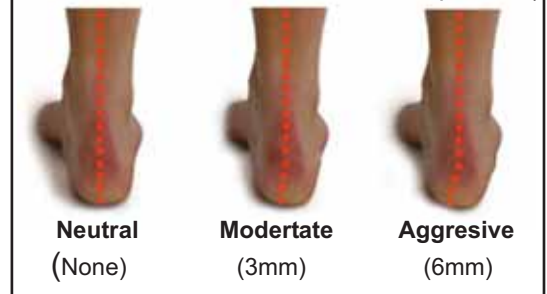
## Example 1

### Reccomended Medial Wedges (Pronation)



## Example 2

### Reccomended Lateral Wedges (Supination)



Examples above are a guide on the amount of wedging needed. If you need more guidance we suggest a consultation with your physician. Example 1 is for inside wedges for Pronation. Example 2 is for outside wedges for Supination.



**Heel lifts** are added to one of the Orthotics to lift the heel. They are most commonly used when one leg is shorter than the other. Make sure you select the lift on the shorter leg. There are some cases were both heels are lifted such as Achilles pain and Plantar Fasciitis. When you raise both heels there is less strain on the calf muscle, attaching tendons, and the plantar fascia tissue. A wedge can also be added with a heel lift.