

EVEN[®] up

While wearing an orthosis, you may notice a slight difference in height when comparing the healthy leg in a shoe to that of the injured leg. This means your pelvis is in a tilted position, this can lead to pain in the back, hips and the knees.

Wearing the EVENup can balance your posture and help to prevent these issues.

- Can help reduce hip, shoulder and knee pain
- May reduce the need for physical therapy to correct pain in shoulder, neck or hip by wearing an orthosis
- Helps improve gait and allows for a more natural walk
- Fits right or left foot
- Offers three height adjustments: 1,5 cm and 1,9 cm and 2,8 cm lift



Contralateral shoe lifts - Recommended in clinical studies and guidelines

Abstract: Effectiveness of Evenup™ Shoe-Lift Use Among Individuals Prescribed a Walking Boot

Methods: Thirty-four subjects undergoing unilateral lower-extremity orthopedic medical and rehabilitative care were recruited for this study. Seventeen subjects were assigned to an intervention group using a walking boot on the foot of their involved side and the Evenup™ on the other foot, while the control group used a walking boot only on the involved side. Outcome measures included the lower extremity functional scale (LEFS), modified Oswestry low back pain disability questionnaire (OSW), numeric pain rating scale, ankle range of motion (ROM) and strength.

Results: All subjects, regardless of the intervention, demonstrated improved function, decreased pain, increased ROM, and increased strength. Additionally, a clinically relevant difference was found between the intervention and control groups for the OSW and LEFS.

Conclusion: LEFS and OSW results suggest *Evenup™ use added value in the form of improved patient function.*

Kipp D, Village D, Edwards KJ. Effectiveness of Evenup™ Shoe-Lift Use Among Individuals Prescribed a Walking Boot. J Allied Health. 2017 Summer;46(2):104-110. PMID: 28561867.



“ The recommendation to provide a shoe lift to the contralateral limb in an effort to improve the comfort and balance of patients using a knee-high or ankle-high offloading device keeps the focus on treating the patient and not simply treating the ulcer ”

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IWGDF Offloading Guideline

Abstract: The impact of diabetic foot ulcers and unilateral offloading footwear on gait in people with diabetes

Methods: Eighty-six participants were recruited in 3 groups: 12 with diabetic peripheral neuropathy and unilateral foot ulcers wearing offloading footwear (offloading group, age = 55.6 ± 9.5 years, BMI = 30.9 ± 4.5 kg/m²), 27 with diabetic peripheral neuropathy (neuropathy group, age = 64.3 ± 7.7 years, BMI = 30.9 ± 5.4 kg/m²), and 47 non-diabetic controls (non-diabetic group, age = 62.9 ± 16.1 years, BMI = 29.0 ± 6.0 kg/m²). Gait function was quantified during a habitual speed walking test using a validated wearable platform.

Results: The offloading group exhibited deteriorated gait function compared to the non-diabetic group (p < 0.005, Cohen's effect size d = 0.90-2.61). They also had decreased gait speed (p < 0.001, d = 1.79) and stride length (p < 0.001, d = 1.76), as well as increased gait cycle time (p < 0.001, d = 1.67) and limp (p < 0.050, d = 0.72-1.49) compared to the neuropathy group.

Conclusion: This study demonstrated that while diabetic peripheral neuropathy deteriorates gait function, including increasing gait unsteadiness and limp, the diabetic foot ulcer and offloading combination magnifies the deterioration beyond diabetic peripheral neuropathy. These findings promote caution of the current standards of care for treating diabetic foot ulcers with offloading footwear. However, *it is possible that a contralateral shoe lift may remedy deteriorated gait function and improve quality of life for unilateral offloading users.*

Ling E, Lepow B, Zhou H, Enriquez A, Mullen A, Najafi B. The impact of diabetic foot ulcers and unilateral offloading footwear on gait in people with diabetes. Clin Biomech (Bristol). 2020 Mar;73:157-161. doi: 10.1016/j.clinbiomech.2020.01.014. Epub 2020 Jan 18. PMID: 31986461; PMCID: PMC7183883.

Abstract: Gait analysis of the effect of postoperative rehabilitation shoes – British Orthopaedic Foot & Ankle Society (BOFAS)

Methods: 11 healthy volunteers were investigated using various common types of postoperative shoe. They were studied with gait analysis equipment and the joint motion assessed with commercial software. The effect of commercial devices designed to minimise gait changes by lifting the contralateral foot were also evaluated.

Results: There was a reduction in knee flexion and extension compared to the contralateral leg in all phases of the gait cycle. This was the case with both heel wedge shoes and inflatable air boots. There was also an increase in pelvic tilt during gait with both shoes, which was more pronounced with the air boot. The foot raise device for the contralateral foot which is designed to decrease these changes was effective in decreasing gait changes.

Conclusion: The use of rehabilitation shoes after forefoot surgery is almost universal. Patients are rarely counselled of the risk of joint pain or back pain as a result of the postoperative shoe. *Patients with pre-existing back pain or hip pain may have fewer symptoms if they are supplied with an equalising device to raise the other foot.*

Alvi, F., Hilditch, C., Lui, A., Hakim, Z., & Shoaib, A. (2012). GAIT ANALYSIS OF THE EFFECT OF POSTOPERATIVE REHABILITATION SHOES. Orthopaedic Proceedings, 94-B(SUPP_XLIII), 55-55. https://doi.org/10.1302/1358-992X.94BSUPP_XLIII.BOFAS2011-055



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