

The Clearly Adjustable™ Heel Lift



Unique layered material conforms to the shoe

Maximum Comfort

- ◆ Placed under the footbed or insole, it molds to the shoe, so both shoes fit and feel alike.
- ◆ Does not crush - the lift conforms but does not compress, and retains its height even with extended use.
- ◆ Long constant slope supports the arch and heel, and avoids bridging across the heel and ball of the foot, reducing arch stress.
- ◆ Firm multi-layered material does not create bounce or vertical heel motion in the shoe.

Soft lifts made of foam rubber or gels take more room in the shoe, create pressure on the arch, and cause heel rubbing, calluses, and wear on shoes and socks.

Adjustable Height

- ◆ Peeling or replacing a layer changes elevation by 1mm.
- ◆ Change height up or down at any time, from 1 to 12mm.
- ◆ Allows staged increase or decrease of elevation for gradual accommodation.
- ◆ Fine control of elevation can ease tight shoe fit.
- ◆ Reduces professional inventory. Three sizes fit all clients.

Easy Customization

- ◆ Trim with scissors.
- ◆ Spot pressure relief for heel spurs or plantar warts is easily achieved.
- ◆ Fitting perfectly to a shoe takes just seconds.
- ◆ Stair-stepped bottom holds the lift in the heel pocket and keeps it there without adhesives or tape.

Varus/Valgus Correction

- ◆ 1° to 5° without change in heel elevation - no need for separate varus/valgus wedge products.

For Leg Length compensation

- ◆ Fits under the insole for best comfort.
- ◆ Precise adjustment for height.

For Achilles tendon healing

- ◆ Gradual height reduction eases strain of stretching after healing.

For Active Sports and Golf

- ◆ Firm support and best control in all athletic shoes

More information about the Clearly Adjustable Heel Lift at www.ClearlyAdjustable.com

See reverse for usage and customization.

Clearly Adjustable Heel Lift Usage and Customization

The Clearly Adjustable heel lift is intended for use in closed-heel shoes under the insole or footbed. It is not recommended for use directly under the foot, as you will be most comfortable if both feet rest on the original insoles or heel padding. The Clearly Adjustable Heel Lift is available in three sizes and can be trimmed to fit most shoes.

While Clearly Adjustable lifts can be moved from one pair of shoes to another, they are best permanently left in place in one pair of shoes, to allow them to conform to the shape of the shoe.

Placing the Lift

To insert the lift in shoes that have a removable molded footbed such as running shoes, **place under the footbed** in the rear of the shoe with the **smooth side up**.

For shoes of more traditional construction, where a leather insole is glued in place, you must first lift the heel pad portion of the insole; lift the rear of the insole slowly to pull it up from the glue without damage, then place the lift in the shoe under the insole and replace the insole on top of it. You may wish to have a shoe repairman place the lift in your shoes if you cannot easily lift the heel pad.

The lift is designed to stay in place in the heel pocket of your shoe, and will remain there in low-heeled shoes. It will not usually require adhesives to remain in place.

If you do need adhesives, as in shoes with a moderate high heel, **do not use carpet tape or contact cement**, as they may cause the material to soften and degrade. G&W Heel Lift offers inexpensive double-faced tape specifically made for this type of plastic.

Adjusting Height

The Clearly Adjustable lift is supplied ready to use for 12mm of elevation, or it may be set to a lower height; just **remove as many layers as needed from the top**. For example, for 9mm height, remove the three longest (top) layers.

To retain the length of the lift at 6mm or less, remove every other layer, rather than all layers from the top. This will also provide you with a second heel lift, if you reassemble the alternate layers. The two lifts will differ in effective height by one-half millimeter.

If you find that you need more height, replace a layer on the top and it will adhere again.

We suggest that new users of heel lifts gradually increase the height from 3mm up to the desired height by adding 3 layers each two weeks, to allow the user to become accustomed to the change.

Note that heel lift height is best measured at the point where the calcaneus rests, and that this is approximately at the widest part of the curve at the back of the lift. You can easily determine the height of a Clearly Adjustable lift by counting the layers from the front end. Each layer is 1mm thick.

Customizing the Lift

The Clearly Adjustable heel lift can be customized for shoe fit or other needs - just **trim with scissors**. If you need to trim several layers, it will be easier to separate the layers for cutting and then re-stack them.

Achilles Tendon Therapies

When used to temporarily reduce strain on an injured or post-surgical Achilles tendon, a lift should be used in both shoes.

When you are ready to re-load the tendon, we suggest that the removal of a few mm of the lift each week will permit gradual accommodation and stretching of the muscles and connective tissue.

Pressure Point Relief

To relieve pressure on heel spurs, plantar warts or other sensitive areas of the heel, cut a hole in one or more of the upper layers of the lift directly under the point of painful pressure. The insole of the shoe will indent into this low spot as you walk, relieving pressure on the problem area above it.

Varus/Valgus Correction

The Clearly Adjustable heel lift provides varus/valgus wedging without any additional products in the shoe, and without changing the elevation of the lift, by trimming and rearranging layers. You can create variable angular correction of up to 5°.

The degree of angular correction varies with the number of layers changed and the width of the lift. Side-to-side change of 1mm will produce approximately 1° of angular correction on the Small size lift, and 2/3° on the Large. Note that the overall height of the lift is not affected by varus/valgus wedging, as the center of the calcaneus still rests on the same number of layers.

This procedure takes far longer to describe than to accomplish; briefly, remove a piece from one edge of the top layer(s), and replace it along the other edge to form the wedge. Details for creating 1 to 5 mm of cant are described at www.ClearlyAdjustable.com.

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