

# Adjust-A-Lift Heel Lifts

## Help for Low Back Pain From Leg Length Inequalities



- Great for leg length inequalities, heel spurs and other clinical conditions.
- Helps restore normal contour, muscle tone and systemic function.
- Adjustable height reduces inventory.
- Durable and comfortable.
- Use with sports shoes, dress shoes and loafers.

### Help for Low Back Pain

These heel lifts help relieve low back pain caused by leg length inequalities, and other clinical conditions including

- Heel Spurs
- Achilles Tendonitis
- Calcaneal Periostitis
- Apophysitis
- Epiphysitis
- General Heel Bruising

### Exceptional Design

The unique design of these heel lifts allows you to vary the height as needed. Each eighth-inch layer is removable and can be reattached with simple cement. Having adjustable lifts reduces your inventory and is convenient for your patient.



### Quality and Durability

These lifts use three removable layers of latex-free, non-slip nylon-neoprene mesh rubber. The open cell, extra-firm density construction keeps the lift in place and provides comfort and durability. A high-quality suede leather surface absorbs perspiration for comfort not found in traditional vinyl or cloth lifts.

### Comfort and Convenience

The high-quality suede leather surface and cushioning neoprene construction provide comfort and durability not found in traditional lifts. Add to that the removable layers and you may have found the best heel lift on the market.

### Specifications

#### Dimensions

- Small - 2" x 3.75"
- Medium - 2.5" x 4.25"
- Large - 3" x 4.75"

#### Weight

- Small - .8 ounces
- Medium - 1 ounce
- Large - 1.4 ounces

#### Product Number

- #575, packaged individually

#### Size Chart (sizes may vary)

	SHOE SIZE
Small	Women's up to 8
Medium	Women's 8+
Medium	Men's up to 11
Large	Men's 11+

