

Give Sore Feet the Boot with Rocker Soles — Happy Feet, Happy Face

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What is a 'rocker' sole?

A rocker sole is one of the most common footwear modifications. Its basic function is to 'rock' the foot from the heel-strike (where the heel hits the ground) to toe-off (where the toe leaves the ground) without bending the shoe.

Benefits include:

- Providing foot motion otherwise reduced or lost due to pain, surgery or deformity.
- Improving the gait cycle – the way you walk.
- Reducing pressure on the soles of the feet.
- Immobilising foot or foot joints that may be causing pain.

Rocker soles are used to transfer pressure and improve gait. This modification is used to treat conditions including diabetes, Charcot's deformity, hallux limitus/rigidus, arthrodesis, plantar ulcers, neuroma, arthritis, gout, and leg length difference.

The Rocker Bar



Improving Your Gait Cycle

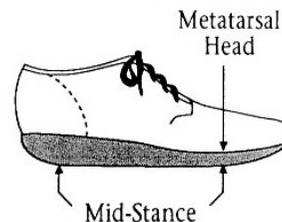
A rocker sole can help improve your gait cycle by delaying forefoot contact until the leg can catch up. It then advances the heel lift to catch up with the leg as it moves over the foot, creating less strain on the ankle and legs.

The rocker's shape is determined by the condition and its clinical requirements. Rocker soles are generally custom made for the individual, and a fitting completed before the shoe is finished to test it works appropriately.

Types of rocker soles

Mid rocker has a mild rock at both the toe and heel, and is used to relieve metatarsal pressure and assist the gait by increasing propulsion and reducing the amount of energy used in walking.

Mild Rocker Sole



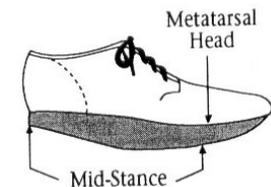
Heel to toe has a more severe angle at both the toe and heel. It helps at toe off, decreases heel strike forces, and decreases the need for ankle motion.

Forefoot means the rock is only present at the toes. It increases weight bearing behind the metatarsal heads, and reduces the need for toe dorsiflexion at toe off.

Severe Angle is a more severe example of the forefoot rocker. It eliminates the weight bearing forces on the toes and metatarsal heads. It's also effective for extreme relief of ulcerated metatarsal heads.

Negative positions the heel lower or level with the ball of the foot, and is used to accommodate a foot fixed in dorsiflexion, shifting pressure to the hind and midfoot.

Negative Heel Rocker Sole



Double is a midfoot rocker with a section removed from the midfoot. The double rock creates two areas of 'midstance', generally used to relieve pressure from the mid foot.

Prefabricated and clinical rockers

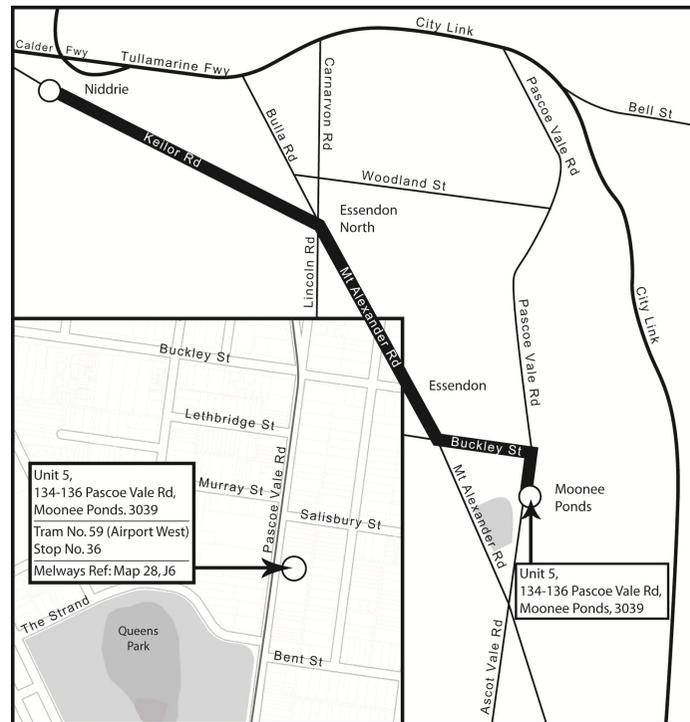
Some footwear comes prefabricated with a rocker sole with varying degrees of angle, propulsion and softness – its rocking effect will depend on the rocker sole used.

Pedorthic/clinical rocker soles are made by a pedorthist after thorough assessment of a client's foot health condition and their overall health. The aim is to work out which rocker sole will best reduce pain, and increase comfort, safety and mobility.

How We Help

1. We assess your feet, measuring both each time you visit and make a purchase. This is because, over time, your feet can change.
2. It's normal to have two different sized feet, so we fit the largest foot first and make any modifications needed to then fit the smaller one. We can also provide two different shoe sizes.
3. We select shoes that match your feet's length and shape because sizing systems aren't standard.
4. We show you how to wear your shoes comfortably.
5. We can fit orthotics and other inserts into your shoes.
6. Our experienced team helps you choose shoes that match your activity.

Where to find us



Opening Hours

Monday to Friday, 9am to 5pm
One Saturday per month by appointment
Other times by request
Appointments DEFINITELY preferred
Home visits available – fee applies
Laybys welcome

Rebates, government subsidies and claims including TAC, DVA and WorkCover may apply

Accreditations

Member, Australian Pedorthic Medical Grade Footwear Association (APMGFA)
Clare Nelson, Certified Medical Grade Footwear Practitioner Number 2515

What is a Pedorthist?

A Pedorthist assesses and fits clients for medical footwear, modifications and/or orthotic devices. This can include prefabricated and cast custom footwear.

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Regular Clinics

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