

Important Information from Dr. Bemenderfer about

EVENup™ Shoe Balancer/Leveler with Tall Pneumatic Walking Boot

What are the Potential Benefits of EVENup™ Shoe Balancer/Leveler?

Injuries of the lower extremity are often immobilized to protect the soft tissues as well as bones while the body is healing. Orthopaedic surgeons will often utilize tall pneumatic walking boots during the healing process in order to immobilize the foot and ankle bones and joints. This will occasionally lead to a small leg length discrepancy (LLD) given the height of the boot depending on what shoes you wear on the opposite foot.

It is important to understand that LLD of up to 2 cm are not uncommon in the general population and patients with an average limb-length discrepancy of about 2cm have no demonstrable difference in gait mechanics between the short and long side (Song JBJS 1997) and do not consider the difference to be a problem in any way (Gross Orthopedics 1978). Not all patients with a walking boot will need or even perceive any difference in their leg lengths especially when wearing a shoe on the opposite leg. However, every patient is unique and occasionally patients will experience knee, hip, and low back pain that may be partially exacerbated by the functional LLD. Shoes on the opposite foot should be worn at all times when ambulating in order to minimize the difference in LLD. If you experience discomfort or difficulty while ambulating with your walking boot, we recommend considering an EVENup™ Shoe Balancer/Leveler to hopefully equalize limb length and reduce overall body strain.

Thank you for choosing to have South Bend Orthopaedics serve your musculoskeletal needs. We look forward to helping you restore function and alleviate your pain and discomfort. If there are any questions regarding the use or benefits of these devices, please feel free to reach out to us.

574-247-9441

Or

574-247-5111

Developed in conjunction with the physicians at South Bend Orthopaedics

Ice Therapy, Cold Compression Therapy, and DVT Prevention Following Surgery

Page 1 of 1

Last Updated March 12, 2021