

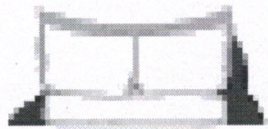
# HEEL FLARES

A heel flare is an exterior extension which can be added to the medial (inner) or lateral (outer) aspect of the heel portion of the shoe. Widening the base area achieves more stability.

Example - cavus condition causing minor sprains because of lateral pressure. A lateral heel flare would reduce the stress and improve alignment.

An upper heel flare is an exterior extension with the same principle as a heel flare but continuing farther up the side of the shoe, for even more support. It is used in more severe problems.

Example - a patient with a posterior tibialis tendon rupture causing excessive pronation with the calcaneus going into a valgus position. The patient would be more stable with a medial upper heel flare.



(heel flare) (upper heel flare)  
(posterior view of shoe)



(plantar view of shoe)