

EVENup – Orthotic Shoe Lift

Why have you been given this device?

You have a current foot problem. You have been given a device especially suited to your needs. All the evidence shows that keeping the pressure off your foot will increase your chances of healing quickly. This device will enable this. This leaflet will tell you how to put your device on and off and how to look after it. If you have any further questions, please speak to one of your podiatry team.

Whilst your device helps to offload the pressure, it is still important that you reduce your activity to ensure you weight bear as little as possible. It is advisable to wear dressings or socks with the device. We recommend that you do not drive a vehicle while you are wearing this aid. Use extreme caution when climbing stairs (e.g. also stepping onto curbs) and walking on uneven surfaces. Walk more slowly than usual.

This aid is intended for single-patient use only.

Please keep hold of your device once your foot problem has resolved in case you need it for future treatment.

What is the device?

You have been given an EVENup to use on the uninjured foot alongside another footwear device such as a walker boot or cast. This is to address any height discrepancies which could lead to back, hip or knee pain.

The EVENup is height adjustable using the velcro inlays provided. The EVENup can add heights of 1.5cm, 1.9cm and 2.8cm to your own footwear.



How to apply

1. Put on your EVENup Orthotic Shoe Lift while the shoe is off.
2. Pull the elastic straps toward the heel of the shoe and adjust the side straps over the sole of the shoe. Pull up the heel tab to securely fasten to the sole of the shoe and make sure the EVENup name is facing out.
3. Utilize the velcro strap provided to securely fasten the EVENup to your shoe. Place the strap through the loop and around the thicker band.
4. The shoe can then be fitted as usual.

How to remove

Pull down the elastic straps starting at the heel and remove foot from EVENup.

When it should be worn

For use inside and outside. To be worn when walking/ standing where there is a difference in height from footwear.

Sources of information

Podiatry ESHT Central Booking office - 0300 131 4536

The Health Care Professions Care Council (HCPC) - www.hcpc-uk.org

The Royal College of Podiatry - www.rcpod.org.uk

NHS Website - www.nhs.uk

Diabetes UK - www.diabetes.org.uk

NICE Guidelines - www.nice.org.uk

The International Working Group on the Diabetic Foot – <https://iwgdfguidelines.org>

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your clinician.

Reference

The following clinicians have been consulted and agreed this patient information:

Mika Dave Consultant Podiatrist, Sandra Regan Podiatry Development Lead, Charlotte Brown Specialist Podiatrist

The Clinical Specialty/Unit that have agreed this patient information leaflet:
East Sussex Healthcare NHS Trust, Podiatry

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