

## If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

## Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

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design by Medical Illustration

## Information for patients Rocker Soled Shoes



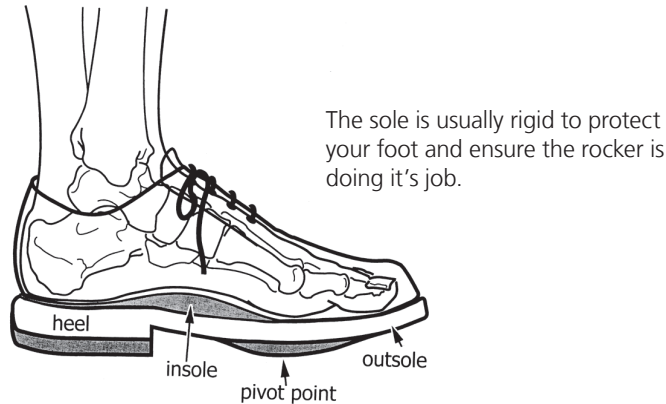
## What are 'Rockers'?

Rocker soled shoes have specifically shaped soles that will aid the foot roll through walking from heel to toe. There are several types of rocker sole that offer various benefits for individuals with different foot and ankle problems.

Rocker soled shoes can prove effective in reducing pain in the foot and ankle by reducing pressure through certain areas of the foot when walking, as well as compensating for joint stiffness.

## Anatomy of a Rocker

The foot is usually held in a neutral position with a slightly higher heel to compensate for the thicker sole at the forefoot.



The sole is shaped with a rocker where the position of the apex, or the pivot point, is positioned to offload the area required.

Most Highstreet footwear will have a shallow lift at the toes as well as a slight curve at the heel as well, like the sketchers trainers below (a). The arrows indicate the length of the sole that is in contact with the ground. A rocker soled shoe will have an exaggerated lift and a shorter length of contact with the ground, like the second shoe below (b), which determines which area of the foot is offloaded.



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## Types of Rocker Soles

There are several types of rocker sole design, but the most common are the forefoot and midfoot rockers.

### Forefoot Rocker

This rocker style is utilised very often within Orthotics for its benefits in pressure relief under the balls of the feet, as well as reducing the need to bend the toes when walking. The point of contact is usually located either under or slightly behind the ball of the foot.



Companies that supply this type of shoe include, but are not limited to:

Clarks New Balance Asics Sketchers Fit Flops Brantano  
Millets Sports Direct Cheerful Shoes Go Outdoors

### Midfoot Rocker

This rocker style includes the forefoot rocker alongside a heel rocker to compensate for reduced ankle movement or for a fused foot/ankle in addition to the benefits of a forefoot rocker.



Companies that supply this type of shoe include, but are not limited to:

Back In Action (MBT Range) Hoka Sketchers New Balance

Please get in touch with your Orthotics service for more information or advice on Rocker Shoes:

**The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: 01691 404442**  
Below are the opening times for the department for dropping off/collecting footwear and appliances.

#### RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm

Friday, 8.15am – 4.45pm

#### GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm

Friday, 8.45am – 4pm

**The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701**

Monday – Thursday, 9am – 4pm

Friday, 8.30am – 3pm

**The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224**

Monday – Thursday, 9am – 4pm

Friday, 9am – 12.30pm

ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM

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