

Foot care For False Leg-Length

False leg length can vary in how visibly noticeable it can be. There are two types of false leg-length one is more severe and permanent and typically caused from:-

- Road traffic injuries
- Trauma in childhood
- Illnesses such as Polio
- Differential Growth
- Birth Problem
- Hip or knee replacements

Another kind of false leg-length occurs when the spine is unaligned usually over a period of time due to poor posture or physical activity this is usually not physically visible.

If you have permanent and visual leg length differences it can cause considerable disruption to your gait as well as your everyday lifestyle. When any false leg length occurs the body will tend to compensate, putting more pressure on other parts of the body and can do serious harm over a long period of time. If you are aware of your false leg length its best to ask your clinician the best course of action as quickly as possible so you don't suffer any further complications later on in life.

How can you tell if you have false-leg length?

- Stand as naturally as possible and observe whether you put more weight through one leg
- Weigh yourself on dual scales, if you don't have access to these a local chiropractor or wellness centre may be able to assist. Dual scales will allow you to monitor how much weight is going through each leg a large discrepancy will let you know of an issue.
- Lower back pain – Pain in your pelvis on either side with excessive standing or sitting

To determine your false leg length its best to see a clinician who is able to xray your pelvis/spine and see if there are irregularity's like a torsional twist of the pelvis or scoliosis.

Shoes for false leg-length

Like with any condition, which shoes you wear ultimately depends on the severity of that condition.

Corrective footwear or bespoke heel lift is the most conventional option however it can be costly.

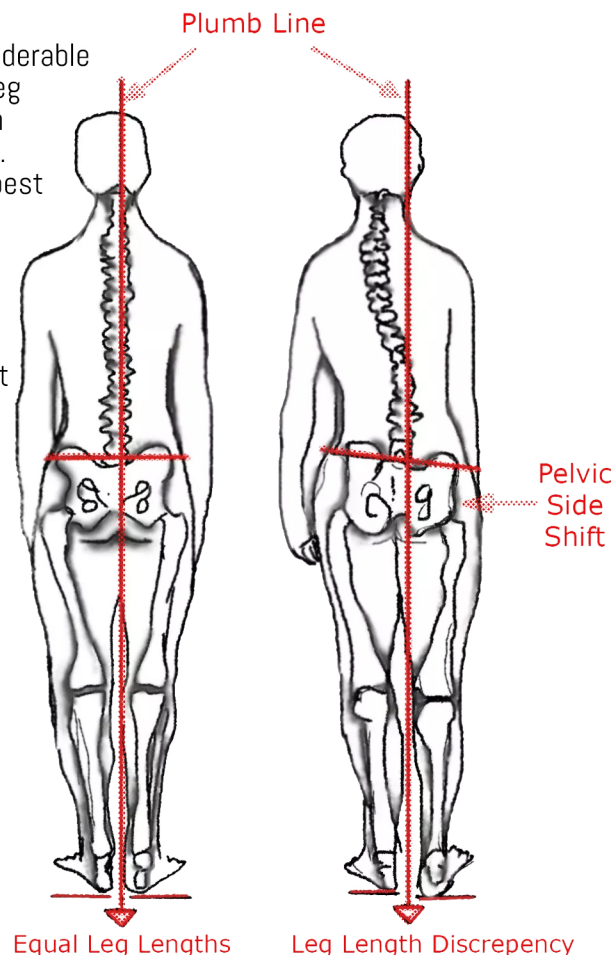
If you have a difference in leg length of more than 2mm this is when a heel lift would be considered, less than this is generally unnoticeable. If your false leg length is manageable and not causing you pain or affecting your everyday life, Percy Stride shoes or any shoes of handmade construction would be a sensible choice. You can [view our range here](#). If you require more fitting advice, we would be happy to assist you.

If you require a heel lift the best course of action is to consult a bespoke shoemaker who is able to accommodate your needs.

The following shoemakers would be able to help:

[Bill Bird Shoes](#) located in the Cotswolds can correct permanent leg length discreetly with bespoke footwear, made and designed to your specifications. You can book a free consultation to discuss your requirements.

[Franklin Footwear](#) of Northampton also offer a bespoke orthopaedic service, providing the best possible service and manufacture by hand from Britain's footwear capital. Franklin is also able to offer a full posture assessment on site to get a better understanding of the full spinal makeup.



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If you have a leg length discrepancy of less than 2mm or it isn't visibly noticeable to you or others, your choice of footwear is much broader.

Instead of having to purchase shoes to correct the false leg length its more important to select footwear that won't cause pain or a change to your gait due to weight distribution.

Shoes to avoid would be:

- **High Heels**

High heels will never be good for your feet, the extended height forces your total body weight through to the ball of your feet and toes rather than spreading the load over the entirety of the foot. In addition wearing high heels consistently can put considerable strain on the plantar fascia causing it to tighten and possibly tear.

- **Flip flops**

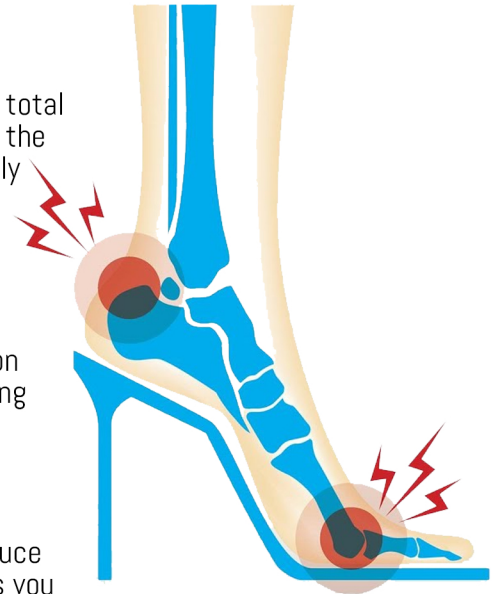
Flip flops do not offer any support to the natural structure of the foot and therefore encourage the foot to flatten over a long period of time. In addition the majority of flip flops do not have any shock absorption when heel striking and walking on a flat or hard surface can cause raw impact to the foot.

- **Cheap unstructured footwear**

Cheaper priced shoes will generally be missing key structural components designed to keep your feet in good nick. The removal of such is done to reduce costs and as they are not visually apparent you may not even notice unless you test the shoe first. Taping the back and toe of the shoe will let you know whether a stiffener and toe cap are in place, and by bending the shoe lightly you can locate the presence of a shank.

- **Slip on shoes**

Slip on shoes are one to avoid as like flip flops they tend to lack any real protection to the foot. When suffering with back pain from a false leg length you need to make sure your gait is as normal as possible and your weight is distributed evenly, laces will keep your foot secure and in place.



When you purchase your next pair of shoes make sure you get them from a reputable provider, who can ensure you of fit dimensions and last shapes to accommodate your needs.

Check out our range of footwear which has been fully tested by a biomechanic specialist.

The best course of action will always be to try and rectify any spinal issues beforehand.

A local chiropractor who has an xray facility will be able to diagnose any structural issues

The Biomechanist

A biomechanist focuses on structure and motor functions, specialising in the movement of the feet and pelvis. A course of treatment will treat you a full analysis on how your body moves or how movement can be improved, reducing and remedying pain.

Below are some centres for which you can have a full consultation:

[Franklin's Footwear - Northampton](#)

[CiONE Wellness Centre - Loughborough and Harley Street London](#)

[The Foot and Leg Clinic - Glasgow](#)