

Back Pain While in a Boot?

BY PAIGE COUSINO

The **EvenUp**[®] is a patented shoe-lift device that was developed by podiatrists in 2009. What started out as a small and family-operated company quickly grew into a market-leading position.

Walking boots are typically prescribed for up to 12 weeks following a lower extremity sprain, fracture, or surgery. The boot allows the patient to remain mobile and minimize pain. However, the boot also creates a leg length discrepancy.

To correct the imbalance, the **EvenUp**[®] Shoe Balancer fits over the patient's shoe on the unaffected side and

The EvenUp[®] is used to correct the leg length inequality that often comes with wearing a walking boot or after having hip replacement surgery.

adjusts to provide a ½" to 1" lift. This enables the patient to have equal leg length and resume normal balance. The device fits on either the left or right shoe and comes in three sizes: small, medium, and large.

The Research Study

In June, *The Journal of Allied Health* published an experimental research study on the clinical effects of wearing an **EvenUp**[®]. 34 patients (mean age 43 yrs) with lower extremity orthopedic injuries wearing a walking boot were prospectively randomized to either wear the **EvenUp**[®] on the opposite shoe (test group n=17) or not wear the **EvenUp**[®] (control group n=17). The purpose of the study was to compare the outcomes of pain, function, ankle range of motion, and strength between both groups. The evaluation methods included self-reported outcome measures using the Lower Extremity Functional Scale (LEFS), modified Oswestry Low Back Pain Disability Questionnaire (OSW), numeric pain rating scale (NPRS), and clinical measures using active range of motion (ROM) and manual muscle strength tests.

EvenUp Group Improvement

LEFS: 8.4 points (p = 0.279)
NPRS: 0.2 points (p = 0.752)
OSW: 4.3 points (p = 0.401)

These results show a trend of improvement in those patients who wore an **EvenUp**[®] and suggests that using an **EvenUp**[®] adds value in the form of improved patient function.

The VACoped[®]/ Evenup Combination

In late 2016 **EvenUp**[®] was purchased by **OPED**.

OPED Medical, Inc. brings German-designed orthopedic bracing solutions to the US market. Their flagship product is the **VACoped**[®] orthopedic boot. With a bead-filled vacuum insert surrounding the foot instead of pneumatic pressure, the **VACoped**[®] provides cast-like stability and can be safely used immediately post-



op over a fresh incision. The vacuum insert gives patients a custom-molded fit for each application. The **VACoped**[®]'s easily adjustable range of motion unlocks cutting-edge rehabilitation protocols for early functional rehabilitation and quicker return to normal life. These advantages are why the **VACoped**[®] has become the market-leading standard treatment in Germany and Switzerland. **OPED** Medical is now introducing the **VACoped**[®] to the US market. The **VACoped**[®]/**Evenup**[®] combination gives patients the most advanced and comfortable rehabilitation possible. *More information can be found at www.vacocast.com and www.evenupcorp.com.*

