



Use of **HEEL-CUP** (and shown with some other likely helpful support devices)

The HEEL-CUP (with or without some other supportive devices shown) might be helpful for some people. And it might take some 'trial & error' (practice) to find out what may work (perhaps none of the above). And talking with a professional healthcare provider is encouraged, as usual. Sizes and aspects of some parts in above sketch are exaggerated so they can be seen easier, and their function readily grasp.

The cardboard base will wear-out much less quickly if user covers it (upper & lower surfaces) with 2" wide Scotch transparent shipping tape. And if, eventually, some holes, tears and folds do develop; those may be patched with that tape for some further use. But, of course, not indefinitely, and eventually, the cardboard base may have to be replaced.

To increase stiffness, support, and spacing; it may be necessary to drive screws into shoe-heel near its outer edge (screw-head serving as spacer between ground and bottom of shoe, and, of course, screw-stem short enough not to break-through and stab foot). Similarly, regarding possible screws near 'ball' of big toe. Screws NOT shown above, but shown on separate '[Shoe Repair Sketch](#)'. I've found the "Tuli's brand heavy-duty 'GEL' heel-cup" works well for over-weight (me); but people's experiences may vary.

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