

# Steve Hogg's Heel Wedge Instructions

The vast majority of riders need some degree of wedging so that their feet, ankles, knees and hips align well during the pedalling action. Humans have not evolved to maintain a fixed relationship for long periods with an apparatus like a bicycle, and oftentimes help is necessary to assure optimal alignment during the thousands of repetitions of the pedalling action. First and foremost, Steve recommends that you use heel wedges in conjunction with arch support. eSoles' eFit Supportive are the best off the shelf arch support option available because they come with a variety of arch module heights that allow you to customise the arch support height for each of your feet separately. All for a fraction of the price of custom made foot beds.

eSoles are available here: <http://www.stevhoggbikefitting.com/store/bike-fitting-products/esoles-arch-support/>

This link will explain how to determine the level of arch support you need:

<http://www.stevhoggbikefitting.com/blog/2011/02/foot-correction-part-1-arch-support/>

With arch support in place, a majority of riders will need from 0 - 3 wedges on each side with only a tiny minority needing more than this. You will need to experiment to determine the best number for you. Our heel wedges are made from plastics that are free of heavy metals. For more about this subject, see:

<http://www.stevhoggbikefitting.com/blog/2011/08/material-challenges-how-to-lessen-your-ability-to-coordinate-your-actions-without-being-aware-of-it/>

## Why heel wedges?

- Our research indicates that this is the best placement for the majority of riders.
- No need for non standard length screws as is necessary with cleat wedges.
- Multiple cleat wedges can slip; heel wedges do not.
- If you have multiple pairs of shoes, it's convenient to transfer your insoles with heel wedges between shoes.

**How many heel wedges to use:** Our research shows that more than 95 percent of riders need between 0 - 3 wedges per side when used in conjunction with optimal arch support. More than 99 percent will need their heel wedges placed so that the thicker edge faces the inside or bike side of the shoe. Other than Steve's patent pending system of determining optimal foot correction, trial and error is the best way to work out how many heel wedges to use. After fitting arch support, ride for long enough for it to feel natural. Typically this will be one to four rides. Subsequently, experiment with heel wedging. Start with a single wedge under each heel. Over the next three or four rides, ask yourself during each ride, "Does my foot feel more stable and solid on the pedal?" By the time you have had several rides the answer should be yes. If the answer is 'no' on one or both feet, remove the heel wedge from the foot that feels less stable, or both feet as the case may be. If the answer is yes, then you should add a wedge on each foot that feels more stable and solid and reassess over the next three or four rides. After several rides it should be obvious if you have become more stable or less stable on the pedals with the addition of the extra wedge. Once you have a firm opinion, leave in place, remove or add another as necessary.

**The choice of whether to use heel wedges is entirely yours. Like all equipment there may be an element risk involved in their use. By using these wedges you knowingly assume all responsibility for any risk inherent in their use. If you are not prepared to accept this stipulation, please don't use the wedges and contact us for a full refund of your purchase price.**

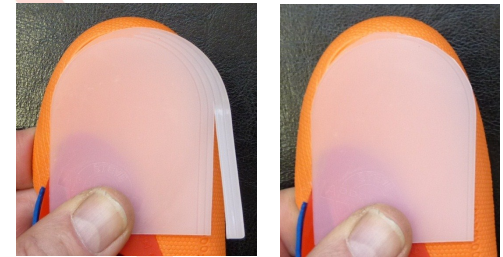
## How to fit heel wedges



**STEP 1:** The heel wedges have four cut lines. Hold the heel wedge against the rear of your eSoles or other arch support insoles

and determine how much width needs to be cut off to best match the width of the insole.

**STEP 2:** Cut the heel wedge to size to match the width of the heel as displayed in the pictures below.



**If in doubt about which cut line to use, cut less off rather than more as you can remove more if necessary.**

**STEP 3:** Attach heel wedge to insole. If using multiple heel wedges tape as per the pictures below.

*(We recommend thin packing tape as the most convenient option to use. Make sure that each layer is wrapped right around to the upper of the insole.)*



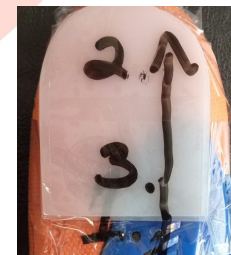
First wedge - Place a layer of tape across bottom half of the wedge.



Second wedge - Fit over first and then apply a layer of tape across the top half of the wedge. If adding a third or more wedges, repeat the bottom / top alternate taping on each wedge.



Tape across top and bottom halves of uppermost wedge.



Finish off by adding another layer of tape laid lengthways as indicated by the arrow in the picture on the left.

**Lastly, finish off by trimming any excess packing tape with scissors.**