

Clinical Orthotic Prescription Manual

Materials • Modifications • Posting •
Corrections



Driving the orthotic revolution™

ORTHOTIC ADDITIONS



Driving the orthotic revolution™

Metatarsal Pads & Met Bar

Met pad: tear drop shaped pad to recreate the transverse arch by raising the metatarsal heads. Also reduces pressure on the met heads

Metatarsal bar: extended tear drop shaped pad to recreate the transverse arch by raising the metatarsal heads. Also reduces pressure on the met heads. Covers more surface area than met pad

Indications:

- Metatarsalgia
- interdigital neuroma and bursitis
- claw/hammer toes

Placement: Default placement is at the distal end of shell. Option for distal placement measured in mm



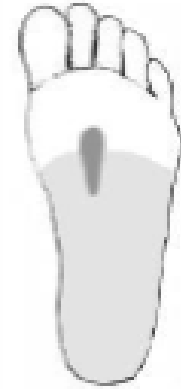
Metatarsal Accommodation Pad

- **Standard 1/8" pad extending across the 1st met head to the 5th met head distally to sulcus**
- **Function:**
 - **Provide additional cushioning and redistribution of pressure across the metatarsal heads**
- **Indications:**
 - **Decreased fat pad**
 - **Metatarsalgia**
 - **Extra forefoot cushion**
- **Can be customized with selective cutouts to offload:**
 - **Individual met heads**
 - **Specific areas of pressure**



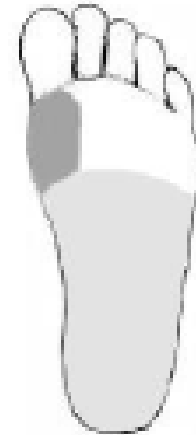
Neuroma Padding

- Dome shaped pad placed in the metatarsal interspace between the metatarsal heads
- Typically begins at the proximal metatarsal shafts and ends at the metatarsal heads
- Usually placed between the 2nd-3rd or the 3rd-4th interdigital space
- For patients exhibiting symptoms of neuroma



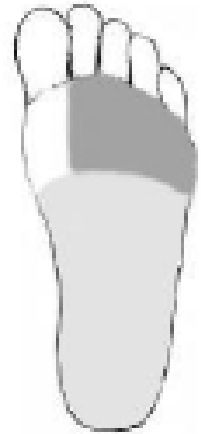
Morton's Extension

- An extension under the 1st MPJ to either immobilize or stabilize the hallux
- Different material options:
 - Soft- made with nyplex
 - Firm-made with firm EVA
 - Rigid-extension out of a polypropylene shell
- Indications:
 - Dorsiflexed 1st met/ray
 - Hallux limitus/rigidus
 - Short 1st met/ray



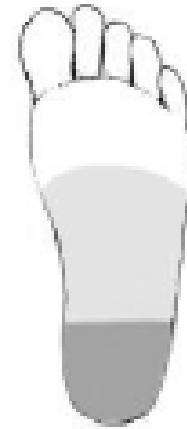
Reverse Morton's Extension

- 1/8" padding under the 2-5 metatarsal heads
- Allows for painful relief of pressures under the 1st MPJ
- Can be combined with 1st met cutout for better offloading
- Indications:
 - Plantarflexed 1st ray
 - Hallux valgus (bunions)
 - FHL



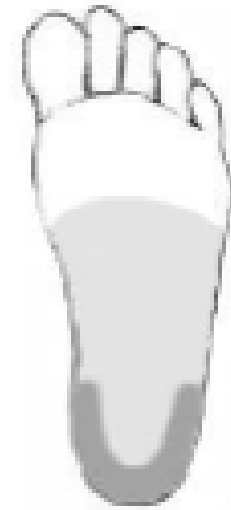
Heel Cushioning

- Poron material placed in the heel cup of the orthotic to add relief and comfort
- Indications:
 - Non-centrally located heel spur
 - Loss of fat pad
 - Plantar fasciitis pain
 - Rearfoot shock absorption



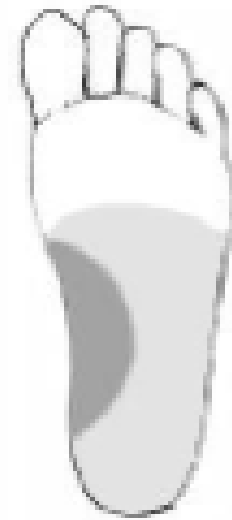
Heel Spur Padding

- Poron “horseshoe” or “U” shaped pad applied around heel cup on top of the orthotic
- Creates a depression in heel
- Lifts calcaneus off the floor
- Can be used in combination with a heel hole or a heel cushion
- Indications:
 - Heel spur
 - Plantar fasciitis



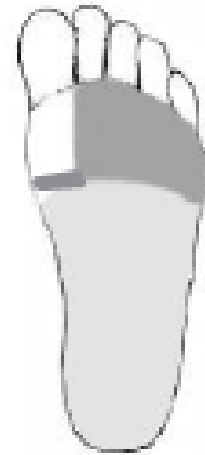
Arch Cookies (Scaphoid/Arch Pad)

- Poron like material placed under the top cover to add extra support/cushion to the medial longitudinal arch of the foot
- Softer way to increase arch contour
- Available in various thickness:
 - 1mm
 - 2mm
 - 3mm



Kinetic Wedge/Dancers Pad/Sesamoid Pad

- Backwards “L” shaped cutout under the 1st met
- To relieve pressure on the 1st met head as well as the sesamoid bones associate with it
- Allows for greater plantar flexion of the 1st met head
- Indications:
 - FHL
 - Sesamoiditis



Plantar Arch Fill

- EVA or poron padding applied under the arch area of the orthotic, plantar surface of orthotic shell
- Increases rigidity of the orthotic by preventing arch collapse
- Offers shock absorbing qualities
- Several options for thickness:
 - Low profile- 3mm thick
 - Regular profile- 6mm thick
 - MLA only- arch fill only in MLA (medial side)
 - 9mm thick
 - To the floor (fills material from shell to floor)
- Several durometers of fill:
 - Soft (Black EVA) 25 durometer
 - Soft (Blue Poron) 20 durometer
 - Soft (Beige Poron) 20 durometer
 - Firm (Black EVA) 40 durometer
 - Hard (Black EVA) 55 durometer

