

Orthotic Guidelines



Metatarsal Accom. Pad

Extra nyplex cushioning under the metatarsal heads to alleviate pain from excess pressure in these areas



Arch Cookie

Poron like material placed under the top cover to add extra cushion/support to the medial longitudinal arch of the foot



Arch Fill

Material placed on the plantar surface of orthotic to increase the rigidity. Ideal for heavier patients or over-pronators who require extra support



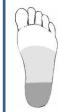
Heel Hole Cut-out

A 1-inch in diameter cut-out to allow the foot/orthotic to sit lower in footwear and to allow relief to the calcaneus due to excess weight and pressure



Heel Spur Pad

A 'U-shaped' pad added to provide relief from a heel spur or to raise/reduce the pressure on the calcaneus (can be combined with heel hole/heel cushion)



Heel Cushioning

Poron material placed in the heel cup of the orthotic to add relief and comfort for heavier patients or those with a heel spur and/or plantar fasciitis



Metatarsal Bar Pad

Bar shaped pad to "re-create" the transverse arch by raising the metatarsals of the foot. Also reduces pressure on the metatarsal heads.



Plantar Metatarsal Pad

Teardrop shaped pad to "recreate" the transverse arch by raising the metatarsals of the foot. Also reduces pressure on the metatarsal heads.



Neuroma Pad

For patients exhibiting symptoms of a Morton's neuroma. Typically placed between the 2nd/3rd or 3rd/4th interphalangeal joints to raise these areas and provide relief



Rev. Morton's Extension



Morton's Extension

An extension under the 1st MPJ to either immobilize or stabilize the hallux. For patients with dorsiflexed 1st ray, hallux limitus, or a short first metatarsal



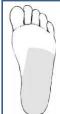
Kinetic Wedge

To relieve pressure on the first met head as well as the sesamoid bones associated with it. Can be used to pre-load the first met head resulting in increased mobility



1st Met Cut-out

Small wedge cutout at medial aspect of distal shell under the 1st MPJ. Ideal for patients with FHL conditions or those who exhibit bunions and require relief



1st Ray Cut-out

Wedge cutout to increase mobility of the 1st ray & 1st MPJ. Used in cases of functional hallux limitus and can be combined with a reverse morton's extension pad



Medial Wedge

Firm EVA (55 durometer) place along the medial aspect of the plantar surface of orthotic. Suitable for pronators or patients who require forced supination



Dropped Navicular Sweet spot

A "well" placed in the orthosis to provide relief for patients with a dropped navicular



Plantar Fascial Groove Sweet spot

A "well" which allows comfort for patients with a prominent plantar fascia



Lateral Wedge

Firm EVA (55 durometer) placed along the lateral aspect of the plantar surface of orthotic. Suitable for supinators or patients who require forced pronation