

# Orthotic Guidelines



## Metatarsal Accom. Pad

Extra nylux 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 "re-create" 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 2<sup>nd</sup>/3<sup>rd</sup> or 3<sup>rd</sup>/4<sup>th</sup> interphalangeal joints to raise these areas and provide relief



## Rev. Morton's Extension

Padding under the 2-5 digits. Allows for relief of painful pressures of 1<sup>st</sup> MPJ and or fixed first ray conditions. Can be combined with 1<sup>st</sup> met/ ray cutouts



## Morton's Extension

An extension under the 1<sup>st</sup> MPJ to either immobilize or stabilize the hallux. For patients with dorsiflexed 1<sup>st</sup> 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



## 1<sup>st</sup> Met Cut-out

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



## 1<sup>st</sup> Ray Cut-out

Wedge cutout to increase mobility of the 1<sup>st</sup> ray & 1<sup>st</sup> 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