Prescription Form Guidelines

Please use this information to assist you in filling out our prescription forms. This is a guide only - please contact us if you require any addition or service not contained in this form.

Return Date

Completed orthoses are dispatched within 7 working days from receipt of casts. If you require work returned earlier, tick the Rapid Return box (extra charge) and we will dispatch these items within 2 working days.

My Style

Certain sections of our prescription form allow for your own personal preference without having to tick multiple boxes. Our separate 'My Style' form must be filled out if you wish to use these boxes.

Modification Method

Modified Root – Our standard orthotic device - forefoot balanced with a natural arch in line with corrected rearfoot.

A **Medial Skive (Kirby)** results from shaving plaster off the medial plantar surface of the heel section of the positive mold. This in effect adds extra medial intrinsic wedging to the device. Traditional Kirby Skives are traditionally ground at 15 degrees to varying depths from 2 - 8 mm. A higher than normal heel cup is advised.

The **Inverted Technique (Blake)** is balanced as per modified root devices but to a far greater degree of inversion (starting at 15 degrees). A 1-5 ratio is generally used to prescribe these devices i.e. for every degree of correction required you should request 5 degrees of inversion. Recent studies suggest that the ratio is closer to 1-3. Majority of control at medial calcaneus, with minimal arch control.
If you require a different type of device or a hybrid of the above cast modification methods – please ask.
Our anterior shell width is from just medial of the first met joint bisection to the lateral border of the 5th MPJ. A wide grind may be requested to provide extra strength, or when there is a concern about medial slippage in the shoe. We automatically grind children's devices wider unless requested otherwise.

Rearfoot Correction

Degrees **inverted** or **everted** from vertical heel bisection. We always balance the forefoot unless requested otherwise.

Cast Modifications

Tick any of these boxes if you require any extra cast modifications, or if you require extra control in either the **arch** or **talo-navicular** area. A **Cuboid Notch** can help to lock the foot into the device and limits lateral foot movement.

Select **extra heel expansion** for wider heel cup, **minimal heel expansion** for a narrow heel cup (this may cause irritation in some patients). **No lateral heel cup** removes all of lateral side of heel cup without narrowing heel width. A **plantar fascia groove** can be added to ease pressure on the plantar fascia. (Mark on cast to ensure groove is located in correct position). **Extra plaster first ray** allows first ray to plantar flex.

Shell Type

4.5 mm Polypropylene is our standard plate thickness. 3mm or 6mm is available if required.

Superform carbon fibre composite is stronger & less brittle than other carbon composite materials.

EVA devices can be manufactured in various densities – please advise of density required.

We will select the most appropriate material if **lab discretion** is selected.

Shell Accommodations

A **Mortons Extension** extends the shell underneath the 1st MTPJ to limit movement of the 1st Metatarsal or support a shortened first ray.

Apertured heels can be added in varying sizes. PPT fill is added to any apertures. A **First Ray Cutout** removes material just proximal to the 1st MTPJ to aid first ray plantarflexion. If shoe fit is a concern a **Low bulk grind** should be prescribed. Extra material is removed from the lateral, medial, and heel cup area of the device. The plantar heel surface of the shell is also ground very thin (some sacrifice in control).
Cobra - Centre of heel & lateral edge of shell removed. These devices are used when shoe fit is a concern, but have compromised control.
Heel cup heights are approx 12 -14mm for females & 14 -16mm for males. Medial skives & Inverted devices may benefit from a **high heel cup**.
A **Medial Flare** accommodates medial arch 'bulging'. A **Medial or Lateral Flange** locks the foot in position by extending the orthoses up the side of the foot.

Posting

Stabilising posts can be added where necessary. We recommend adding rear foot stabilisers to all larger devices and devices with large amounts of rear foot correction. Rear foot posts are recommended for all skived or inverted orthoses. Extrinsic posts are made from high density EVA and covered with a 1 mm HDPE plate unless requested otherwise. A **Heel Raise** refers to additional EVA being added to the heel post of the device to lift the rearfoot.

EVA Arch Fill adds extra strength to the arch area of the device – please advise of density required.

Forefoot posts can be inverted or everted if required or posted to neutral to add extra strength.

Cover Length

Shell - Shell covered only - no forefoot extension.
Web - Sulcus length forefoot padding & cover.
Full - Full length forefoot padding & cover.

Padding & Additions

PPT in varying thickness' can be added to both the shell and forefoot. All forefoot extensions have 1.5mm PPT padding and a Cambrelle plantar cover unless requested otherwise. Metatarsal domes and accommodations made from PPT or EVA can be made in varying styles as required.

Coverings

All orthoses are covered in **Vinyl** unless requested otherwise.

PS Vlies is a cotton polyester material with a high level of durability. It absorbs moisture and dries afterwards without any negative effects. Teal Blue or Black in colour.

Neoprene is good for friction reduction and may be useful for relief from blistering. Blue (2mm) & Green (3mm) available.

Leather absorbs moisture, but does not wear as well as vinyl.

Vita Cover is an imitation leather material. Black or Beige in colour.

Multiform is a mix of EVA & Polyethylene with good strength and shock absorbing qualities, 2mm or 3mm thick, various colours including Blue, Red, Purple, Multicolour, Blue/ White Swirl, and Blue/ Green Swirl.

Special instructions & Diagrams
Add any extra instructions or requests if required.

FootCraft
Precision Orthotics