

4 Key Process:

1st Step - Identify Foot Type

Foot type		
Normal Arch	Flat Arch	High Arch
	Degree of Flat 1,2,3,4	Degree of Hallow 1,2,3,4

2nd Step - Consider Alignment of Foot

Area Zone	Alignment	Padding	Wedging Extrinsic Material added externally , under the orthotic	Posting Intrinsic Material wedge placed on top of the orthotic. (Firm and tight with the foot)
Forefoot	Neutral	<ul style="list-style-type: none"> • MP • MPL 		
	Valgus		<ul style="list-style-type: none"> • Anterior Medial Wedge 	<ul style="list-style-type: none"> • SAW
	Varus		<ul style="list-style-type: none"> • Anterior Lateral Wedge 	<ul style="list-style-type: none"> • PAW
Midfoot	Neutral	<ul style="list-style-type: none"> • AS 		
	Valgus	<ul style="list-style-type: none"> • MAS • NAS 		
	Varus			
Hind foot	Neutral			
	Valgus		<ul style="list-style-type: none"> • Posterior Medial wedge 	<ul style="list-style-type: none"> • SPW
	Varus		<ul style="list-style-type: none"> • Posterior Lateral wedge 	<ul style="list-style-type: none"> • PPW

3rd Step - Consider Foot Pathology

Area Zone	Pathology	Add on
Toe Area	Claw Toe	Toe Crest , Cushioning
	Tennis Toe/ Skiers Toe	Toe part Cushioning
Forefoot Area	Turf Toe	MP , MPL , Morton 's Extention
	Hallux Valgus	AS + Anterior Medial Wedge
	Hallux Rigidus	Morton's to toe Extension (Stiff plate)
	Metatarsalgia	MP , MPL
	Bunion Pain	AS + Anterior Medial Wedge
	Morton Neuroma	MP , MPL
Midfoot Area	Midfoot Arthritis	AS , Fascia Groove
	Arch Pain	AS
	Kohler's disease	NAS
	Peroneal Tendon Enteropathy	Posterior Lateral Wedge
	Cuboid Syndrome	Valgus cuboid pad , Cuboid Off-Load
	Accessory Navicular	NAS + Posterior Medial Wedge

	Navicular Pain / fx	NAS + Posterior Medial Wedge
Hind foot Area	Plantar Fasciitis	Heel Cushion Pad
	Heel Spur	Heel Spur Pad
	Posterior Tibialis Tendinitis	AS
	Tarsal Tunnel Syndrome	AS + Heel Lift Pad
	Calcaneus Fx	Heel Lift Pad
	Heel Fat Pad Atrophy	Heel Cushion Pad
	Achilles Tendinitis	Heel Cushion Pad + Heel Lift Pad

4th Step - Consider Other Foot Conditions

Foot Condition	Add on
Abnormal peak pressure	<ul style="list-style-type: none"> • Soft Cushioning
Callus and Pain Point	<ul style="list-style-type: none"> • Soft Cushioning • Off – Loading
Ulcer	<ul style="list-style-type: none"> • Off - Loading
Toe / Foot Part Amputation	<ul style="list-style-type: none"> • Toe filler
Leg Length Discrepancy	<ul style="list-style-type: none"> • Heel Height Pad

Abbreviation:

Abbreviations	Full Name
MP	Metatarsal Pad
MPL, MT Bar	Metatarsal Platform, Bar
AS	Arch Support
MAS	Medial Arch Support
NAS	Navicular Arch Support
SAW	Supinator Anterior Wedge
PAW	Pronator Anterior Wedge
SPW	Supinator Posterior Wedge
PPW	Pronator Posterior Wedge