

# Pronation Corrections - Varus Forefoot Posts

Information Provided By Kevin Orthopedic Institute



## Varus Extrinsic (Bar)

### Varus extrinsic forefoot bar post

#### FUNCTIONS:

- Inverts the forefoot
- Twists frame into varus

#### CLINICAL INDICATIONS:

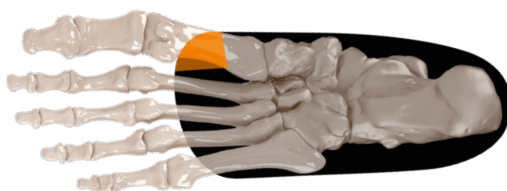
- Pronation Correction
- Hyper-mobile 1<sup>st</sup> ray
- Overpronation

A varus extrinsic (bar) post is semi-rigid to very rigid (45-75 Shore A) EVA material added to the inferior distal frame. It begins approximately 2cm proximal to the distal edge on the medial side and terminates at the distal frame. The extrinsic bar also decreases in height as it extends beneath the device to the lateral side of the orthosis. The exact height and amount of material added is dependent on the desired angulation. A forefoot extrinsic bar post becomes a 'tip' post when it has an angulation between 0°-2° because the minimal amount of material used. A tip post doesn't extend to the lateral side. Because 2°-6° posts raise the distal medial frame, a "drop off" will be created. If higher varus correction is desired, this modification can be paired with intrinsic forefoot posting.

**Note:** Bar posts are recommended for frames calibrated to neutral or higher in thickness and not recommended for flexible or EVA frames.

#### CLINICAL PEARL

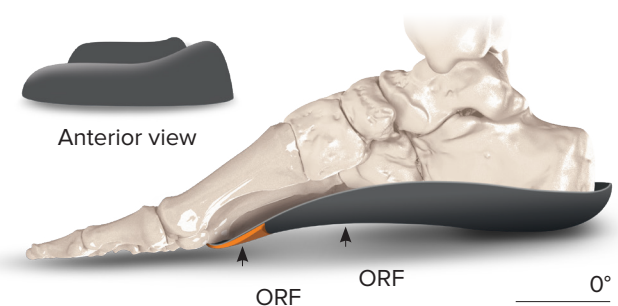
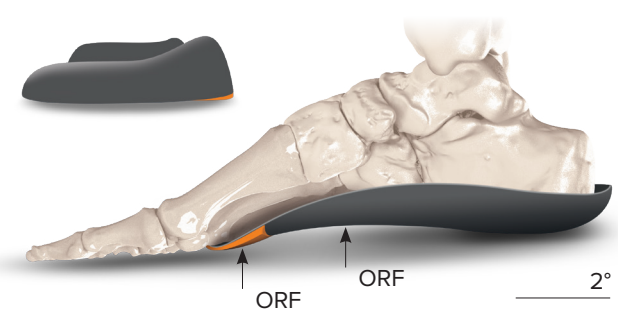
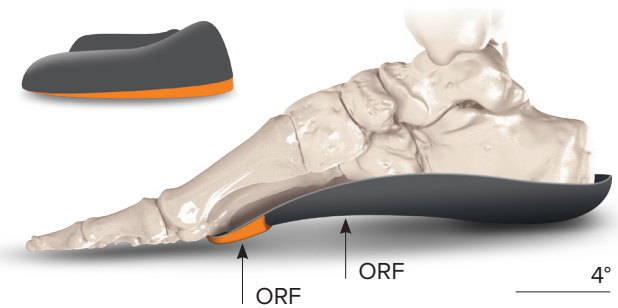
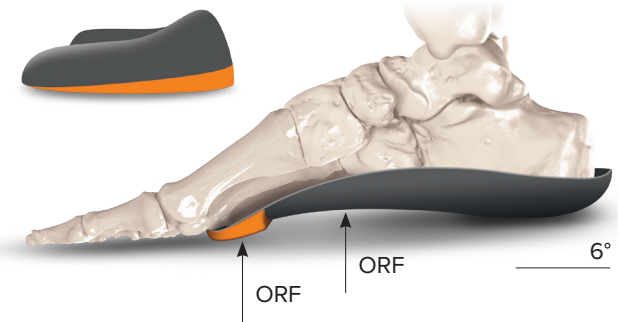
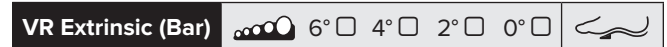
0° varus forefoot posts can also be applied to prevent orthotic frame 'bite' or cut in the shoe, which reduces the orthotic effectiveness and shortens shoe life.



Tip post  
0°-2°



Inferior view bar post  
(transparent)



Anterior view

Medial view

**Notes:** All illustrations and diagrams are of right foot  
Colors on illustrations are for visual purposes and will vary on final product  
ORF = Orthotic Reaction Force