

# Pronation Corrections - Varus Forefoot Posts

Information Provided By Kevin Orthopedic Institute



## Varus Metatarsal Wedge



### Varus metatarsal head wedge

#### FUNCTIONS:

- Accommodates forefoot varus
- Supports non-plantigrade inverted metatarsal heads

#### CLINICAL INDICATIONS:

- Rigid forefoot varus
- Forefoot supinatus
- Overpronation throughout rear-, mid- and forefoot

A varus metatarsal wedge is semiflexible to rigid (35-65 Shore A) EVA material added to the superior edge of the distal frame where it extends distally into the forefoot and terminates at the sulcus. Its distal edge gradually decreases in height as it extends to the lateral side. The height and amount of material added is dependent on the desired angulation.

**Note:** This type of extrinsic forefoot post is recommended for angulations of 2°-6°. It can be coupled with varus intrinsic forefoot posting if higher varus correction is desired.



Inferior view  
(transparent)



6°

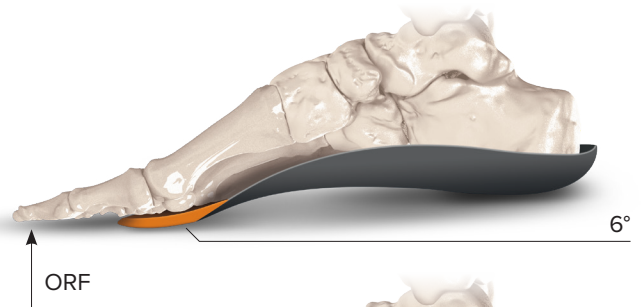


4°



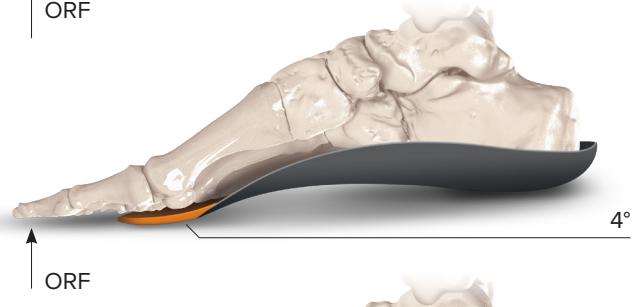
2°

Anterior view  
(phalanges excluded)



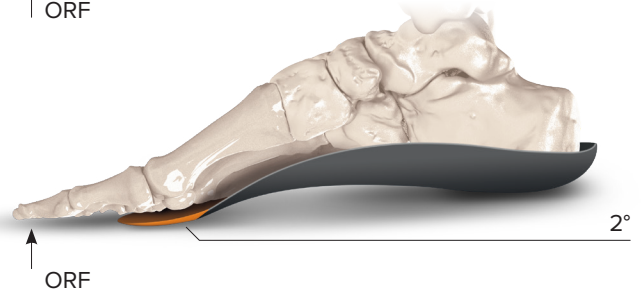
6°

ORF



4°

ORF



2°

ORF

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