

Supination Corrections - Valgus Forefoot Post

Information Provided By Kevin Orthopedic Institute



Valgus Extrinsic (Bar)

VG Extrinsic (Bar) 6° 4° 2° 0°

Valgus extrinsic forefoot bar post

FUNCTIONS:

- Everts the forefoot
- Twists the frame into valgus

CLINICAL INDICATIONS:

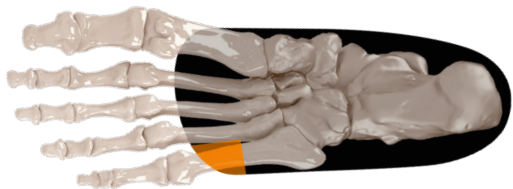
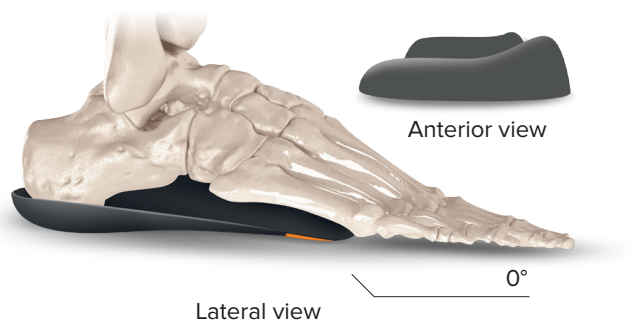
- Supination
- Cavus foot due to rigid first ray

A valgus 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 from the distal edge on the lateral side and terminates at the distal frame. The extrinsic bar also decreases in height as it extends across the device to the medial side of the orthosis. The 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 medial side. Because 2°-6° posts raise the distal lateral frame, a "drop off" will be created. If higher valgus correction is desired, this modification can be paired with valgus 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° valgus 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
(transparent)

Notes: All illustrations and diagrams are of right foot
Colors on illustrations are for visual purposes and will vary on final product