



ULTIMATE RANGE

USER GUIDE





E-thotics® User Guide

Metatarsal Domes

Instructions:



E-THOTICS Metatarsal Domes are designed to improve forefoot function by supporting the transverse metatarsal arch and distributing weight and pressure more evenly across the ball of the foot. When people develop pain in the forefoot the condition is broadly recognised as metatarsalgia. Combine metatarsal domes with E-THOTICS to achieve

the most positive outcome. The diagram shows where metatarsal domes can be located onto E-THOTICS. The domes are all made from PU Memory which has terrific rebound effect and will not bottom out. The full range of domes are self adhesive which allow for easy use. The E-THOTIC Metatarsal domes are available in 5 sizes. Our size 3 and 4 domes are similar in size however dome 4 is thicker and offers a greater anterior drop to promote better dorsiflexion of the metatarsal shaft.

2-5 Plantar Metatarsal Pads

Instructions:



Innovative design principles are integral to what E-THOTICS tries to offer the podiatry profession. The E-THOTIC 2-5 plantar metatarsal pad (2-5 PMP) realises this principle. To aid practitioners with their ability to improve 1st ray function, the E-THOTIC 2-5 PMP is effective and easily used. The E-THOTIC 2-5 PMP minimises dorsiflexion of the 1st

Ray mechanism, which promotes better plantarflexion of the first metatarsal phalangeal joint. Alternatively, the E-THOTIC 2-5 PMP offers a greater option to unload sesamoids in a rigid foot type. The pad is self adhesive and its dimension allows for distal support from the cuboid. It can be placed on a mouldable or rigid shell so it is universal with its usage, regardless of your shell prescription.

Metatarsal Sulcus Pads

Instructions:



E-THOTIC Metatarsal Sulcus Pad has been designed to aid patients with forefoot pain syndromes. The proximal dome limits plantarflexion of the lesser metatarsal-phalangeal joints and the sulcus extension improves cushioning across the metatarsal region. PU memory material is terrific for decreasing shearing forces and can be easily cut or trimmed to isolate specific metatarsal heads. E-THOTIC met-sulcus pads are self adhesive and available in two sizes, small and large. The pads are a great adjunct to ladies footwear (heeled shoes) to improve forefoot symptoms and aid with any forefoot fat pad atrophy. The design of the sulcus pad is to allow the independent 1st and 5th rays not to be affected. The central 2nd 3rd and 4th rays are then helped by the sulcus extension.





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Rear Foot Heel Raise

Instructions:



The E-THOTIC heel raise is indicated for structural or true length discrepancy. E-THOTIC heel raises available in their sizes 3mm, 5mm and 7mm. Importantly, each individual raise is identified with its respective dimensions. Other clinical uses included gait re-education following post surgical joint replacements, minimising the effects of ankle equinus and for some Achilles tendon pathologies.

Full Length Heel Raise

Instructions:



The E-THOTIC equipment range also offers the only pre-fabricated full length heel raise saving the practitioner time and effort. The full length raise is a uniform 3mm in a firm 65 shore rating. Full length heel raises are becoming more clinically accepted as they maintain the foot closer to a plantigrade position. The full heel raise is able to involve the complete contact phase of the gait cycle. The full length heel raise will fit easily beneath the existing shoe liner or the patients orthotic.



E-thotics® Ultimate Range

Dual Density

Prescription Indications

- Patients requiring shock Attenuation as a primary orthotic requirement.
- Perfect for metatarsal additions or met head cut-outs.
- Able to be posted but not aggressively.
- Ideal body weight <65kg.
- The ethotic Dual Density is the most profiled in the marketplace, allowing
- better footwear options.
- Extremely lightweight and ideal for diabetic patients.



Firm Density

Prescription Indications

- Increased Control over foot forces Required.
- Increase in shearing forces, eg. multidirectional sports.
- Increased compressive forces e.g. +85kg patient.
- Improve forefoot shoe stiffness.



Mid Density

Prescription Indications

- Moderate Control over foot forces.
- Ideal 55kg-85kg patient.
- Greater adaptive mould ability when arch contact is required.
- Ideal forefoot valgus posting models as shell density is strong
- enough to maintain valgus control but forgiving enough for
- de-loading ground reaction forces.



Sports Profile

Prescription Indications

- Ideal for use in sports specific footwear.
- Decreased bulk through the shell to enhance fit.
- Lower heel cup to accommodate running spikes or cycling shoes.
- External posting options still possible.



*Products exclusive to  E-thotic