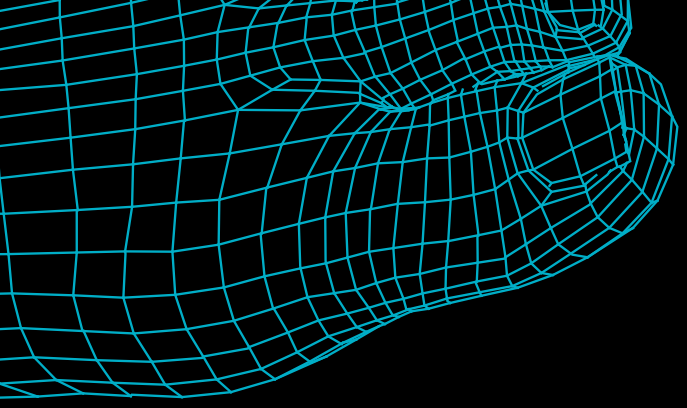
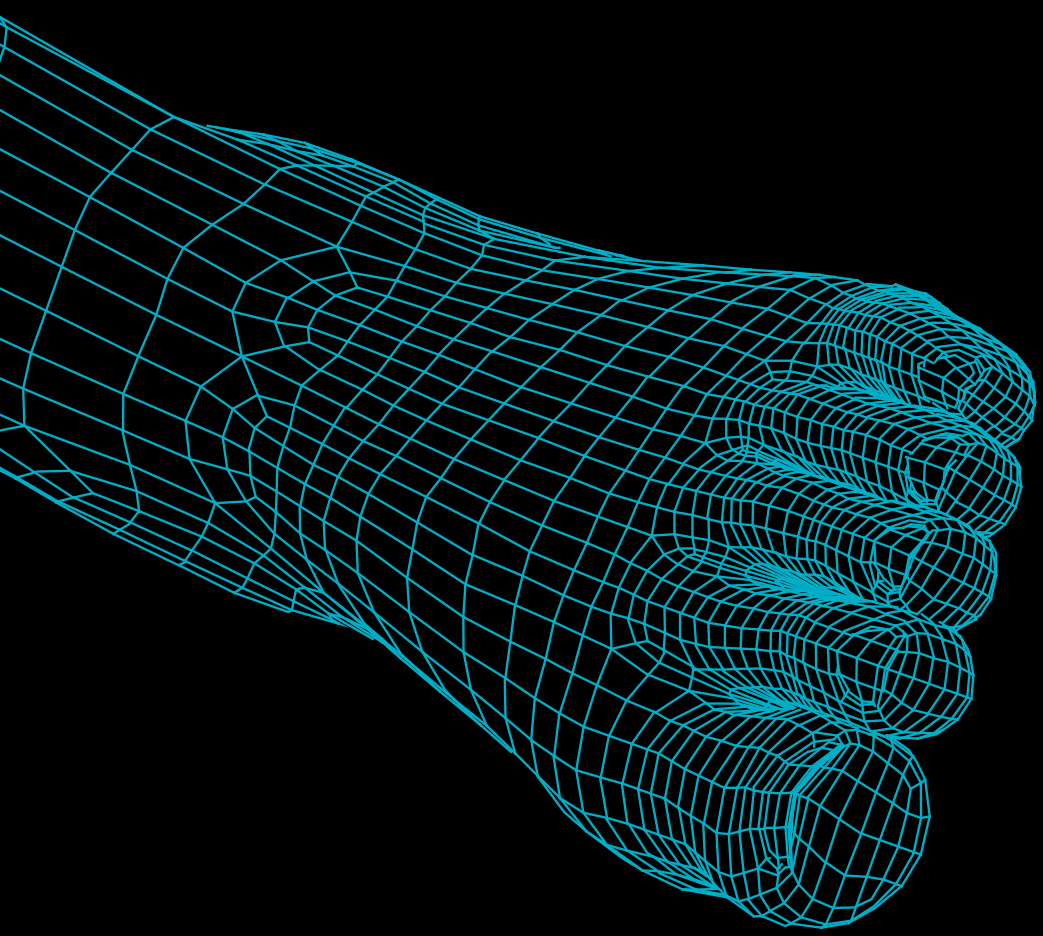
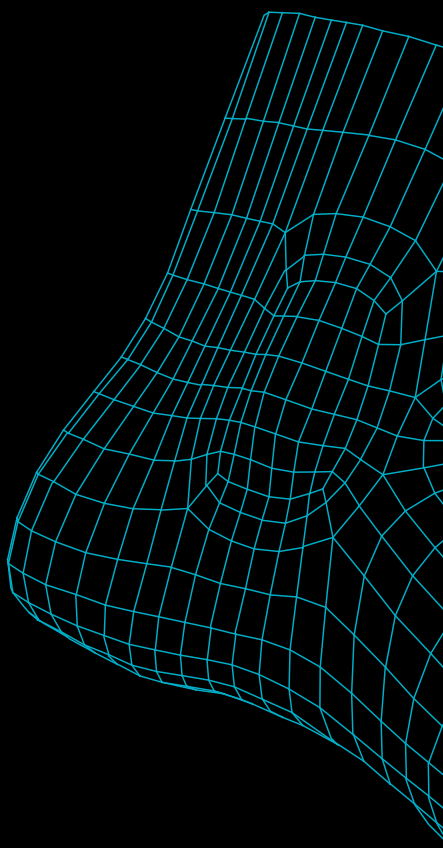
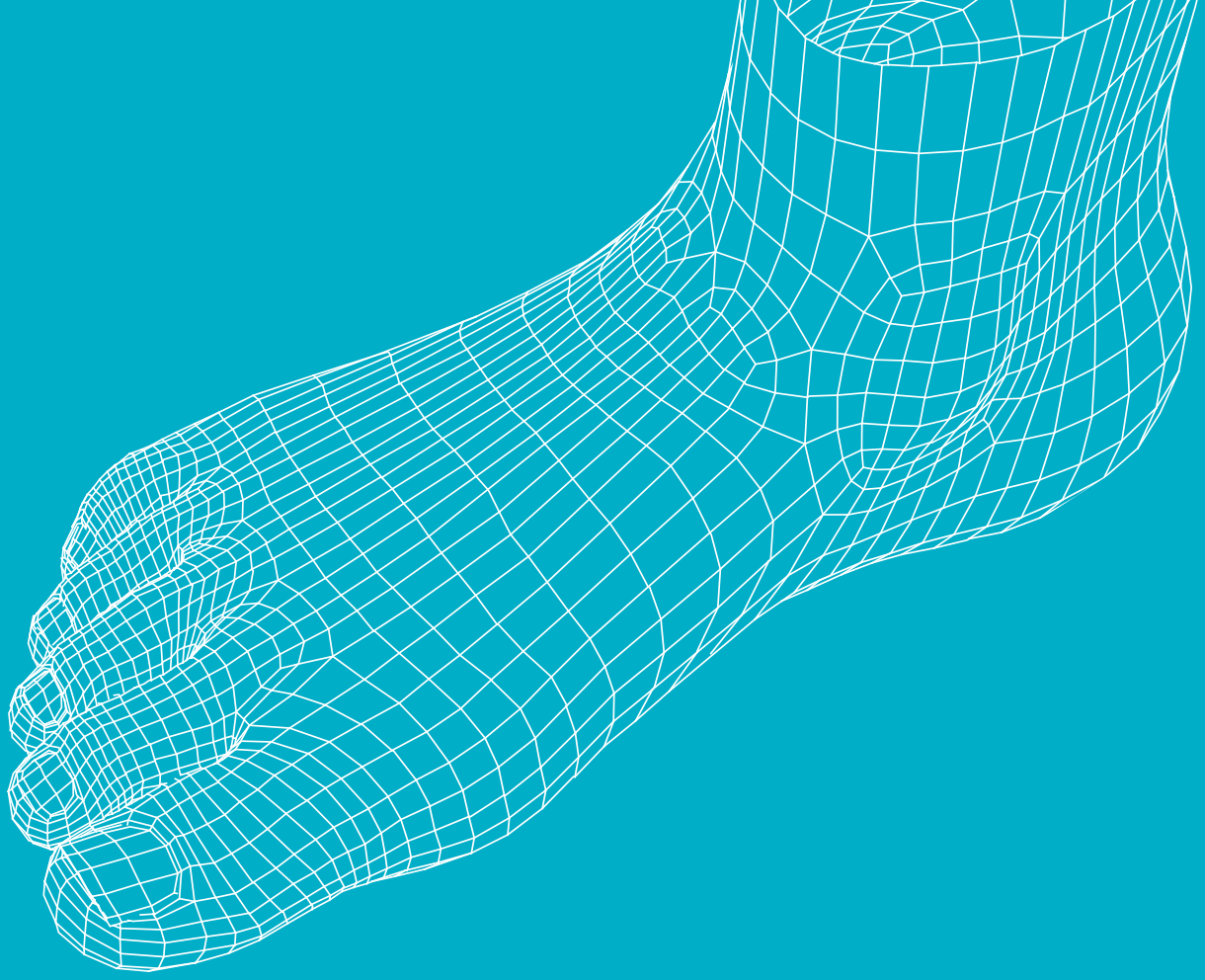
CUSTOM ORTHOSES







PPL
biomechanics



PPL Biomechanics
Tramore Commercial Park
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Cork, Ireland
T: + 353 (0)21 4320277
F: + 353 (0)21 4321159
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www.pplbiomechanics.com

COMPANY INFORMATION

PPL biomechanics was established in 1993 by two Podiatrists following an exhaustive search for a complete range of orthotic devices that satisfied individual patients needs. To address this issue they decided to manufacture their own custom orthoses.

Today PPL is the largest supplier of custom orthoses and biomechanical products in Ireland. The company's success is based on its ability to design and supply innovative biomechanical solutions, that match both practitioner and patient needs. Central to this success is the development and selection of products that are evaluated within a clinical environment.

INTRODUCTION

CUSTOM MADE ORTHOSES

Our Custom made orthotic devices are truly made to measure, and each one is unique. We allow total flexibility in the customisation of your devices. Each device is individually designed and handmade to your requirements. Current research and theories of biomechanics from a multidisciplinary knowledge base are applied to both our manufacturing processes and product design.

CONTENTS

As PPL are dedicated to making truly custom made orthoses, we have had a cautious approach to integrating CAD CAM technology. With the emergence of superior CAD technology, and many months of testing, we are now confident that we can produce CAD orthoses that are on a par with our traditional handmade devices. We are now proud to offer a comprehensive range of direct milled CAD CAM devices which merge new technology and the experience of our twenty years of traditional custom fabrication.

CUSTOMER SERVICES

Technical Advice Services

Whether you are a new prescriber, or you have a complicated case our technical advice line offers you the security of speaking to an experienced practitioner or technician before you complete your order. Occasionally patient compliance or the desired outcome is not achieved and the company is committed to working with practitioners to ensure that problems are solved in a rapid and effective manner.

The care and attention we offer with this complimentary service is what makes PPL the practitioners choice.

Turnaround Times & Fast track

PPL prides itself on speedy and reliable turnaround times. Fast track is an additional service offered for an even quicker return. Times are based on complete orders received before 10am.

Product	Turnaround time	Fast track
Prescription Insole	3 working days	1 working day
Carbonflex Device	4 working days	2 working days
Casted Orthoses	7 working days	3 working days
Total Contact	time variable - normally 7 days	Not Applicable
CAD CAM	7 working days	3 working days
Alterations	time variable - normally 4 days	Not Applicable

STANDARD GUARANTEES

We offer the following standard guarantees for all our custom made products

Comfort & Posting Adjustment Guarantee

One free adjustment for fit & comfort or posting adjustment within 3 month of dispatch, e.g. trimming of sides and edges of orthoses or increase/decrease of extrinsic posting. This does not include stripping covers or adjustment to additions (postal charges apply).

Materials, Shell Fracture & Workmanship Guarantee

6 month guarantee to repair any orthotic device which has any defects relating to materials or manufacture. One year guarantee against shell fracture for all hard shell orthoses.

Please note: We will manufacture what you order. If you order the wrong type of device or prescription, we will do our best to assist you, however we cannot accept liability for inappropriate prescriptions.

LOYALTY DISCOUNT

Regular customers of custom orthotic devices are rewarded with our loyalty discount scheme.

SPECIAL FITTING SERVICE

Tick on the prescription form for this service, which is recommended for those patients requiring complex forefoot and midfoot additions. This service allows even greater flexibility in the customisation of your devices by having the device returned to you uncovered for a trial fitting. Once tested by the patient the devices can be returned for further alteration or finishing. This service allows 2 adjustments over a 6 week period. (postal charges apply).

ALTERATIONS

Alterations not covered by our standard guarantees can be undertaken, subject to an additional charge. This includes, changing the length of device, adding or removing additions and changing covers. We are willing to alter devices not manufactured by our company, however only on written instructions by the medical practitioner, and we disclaim any liability relating to these devices. Turnaround times vary, dependent upon complexity of work required and production scheduling.

Please Note* All custom orthotic devices and alterations are not returnable for refund.

Terms & Conditions: Please refer to our website for further details www.pplbiomechanics.com

PPL TECHNICAL ASSESSMENT PRINCIPLES

The modification procedures that we employ to adapt our casts/scans are a variation on the Blake and modified Root techniques. These procedures are tailored to the particular type of shell that you have chosen for your patient. The technical screening of each cast and scan that we receive as well as the numerous quality control checks within our laboratory maximises the accuracy of each device.

The following is a very brief synopsis of our protocols and techniques:

- We modify casts differently for different shell types, for example for flexible shells (e.g. EVA, Polyurethane) minimal arch fill and tissue spread is given to give a more total contact effect. The more flexible materials allow the dynamic movements of the medial column to occur
- We favour intrinsically posting the rearfoot as close to the desired corrected position (normally STJ neutral) as possible. This depends on the type and amount of forefoot deformity present and the patient profile. If full correction intrinsically is not possible we may add extrinsic posting to the device
- We generally intrinsically balance out soft tissue forefoot inversions to 0° if possible. We recommend either midfoot additions &/or total forefoot medial extrinsic posting for larger forefoot Inversions
- We prefer to use intrinsic posting rather than extrinsic posting. Extrinsic posting adds bulk to the orthoses and can cause shoe fit problems. Intrinsic posting is limited by the medical/surgical history and age of the patient, the type and severity of the forefoot deformity and reduced range of motion in the foot
- We ask practitioners to select their own forefoot and midfoot additions to account for medial column and forefoot pathologies. We recommend the less is more principle to assist with shoe fitting.
- We recommend that you send a weight bearing footsketch to ensure midfoot and forefoot additions are placed correctly on finished devices. We always ask practitioners to tell us the patients shoe size and style. We recommend that a mens template is selected for ladies wearing trainers

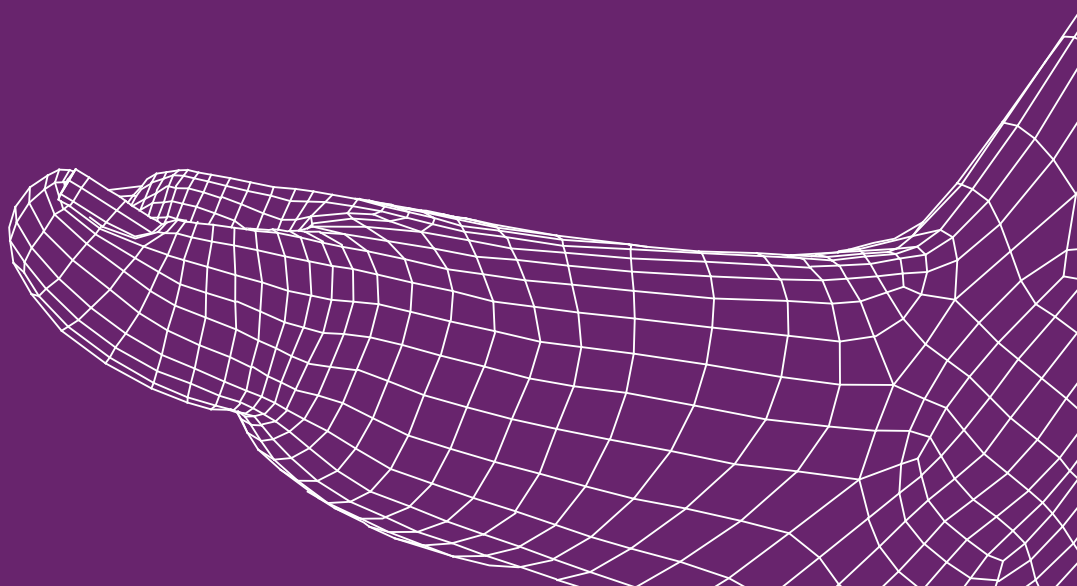
ORDERING PPL CUSTOM ORTHOSES RANGE

To make	CADCAM Orthoses Direct Milled	You send us	Plaster Cast or Foambox Cast or 3D Scan & Prescription form
To make	Casted Orthoses Traditional Handmade	You send us	Plaster Cast or Foambox Cast & Prescription form
To make	CarbonFlex Template Devices	You send us	Prescription form with Template Code Sketch/Cast (optional)
To make	Prescription Insoles	You send us	Prescription form Sketch (optional)

QUANTIFYING YOUR ASSESSMENT

In the absence of any reliable repeatable method of quantifying the findings of biomechanical assessment, PPL have developed the Neutral Zone Prescription Platform, which is a tool to assist in biomechanical assessment and prescription writing. This tool assists in the quantification of the prescription needed, to allow a person to function within their neutral zone. For further information on the Neutral Zone Prescription Platform, please contact us.

CAD CAM ORTHOSES



CAD CAM ORTHOSES

In keeping with our continued emphasis on the provision of the most superior custom foot orthoses, we combine our traditional handcrafted knowledge along with the most technologically advanced CAD CAM equipment to provide an unequalled service.

As a result of the knowledge gained from twenty years of traditional custom fabrication we have being able to fully utilise and maximise the complete capabilities of CAD CAM equipment. Consequently we have the capability and skill set to craft truly personalised foot orthoses. A CAD CAM system is only as good as the company who operates it. As a principle we do not use library systems, we only manufacture fully custom CAD devices.

SCANNING

We have a full complement of cast scanning equipment in the lab. Therefore you DO NOT need to use a scanner to order CAD CAM orthoses, you can continue to send us plaster or foambox casts.

However a 3D scanner will speed up the ordering process considerably, allowing it to all be completed online. We can accept scans from any 3D scanner that has an STL output.

The Envisic Veriscan 3D scanner and software has been fully tailored to PPL's ordering systems. This complete capture system offers an online ordering and scan sending service, and allows you full control over your orders.

The Veriscan 3D scanner is the market leader in scanning technology, compared with other 3D scanners it offers the following advantages:

- Only scanner to offer a true 3D picture of the foot alongside the 3D shape capture
- Unparalleled ambient light handling
- Highly portable, the lightest, smallest and will run from batteries
- Accuracy is equal to or surpasses any other scanner on the market
- Will allow you to scan in a full range of foot casting positions, fully weight bearing, semi- weight bearing, and non-weight bearing either sitting, prone or supine

WHAT IS THE MANUFACTURING PROCESS?

We either scan your cast or use the scan you have sent us. The scan is then modified in our CAD package as we would a plaster cast. We then produce a CAD digital model of the final orthoses shell. This orthoses is then direct milled on a CNC machine. The milled orthoses is then trimmed and finished in our assembly department in the same way a traditional handmade orthoses would be. The efficiencies associated with CAD CAM enable us to offer the new range at lower price than our traditional handmade casted orthoses

How to Order

- Prescription form & 3D scan or plaster/foambox cast with footsketch if required

Services

- Standard guarantees apply
- 7 Day turnaround time
- 3 Day Fast track *
- Special Fitting Service *
- Refurbishment Scheme*
- Discount on 2nd pair ordered (see terms and conditions)

* extra charge

Paediatrics

- CAD CAM orthoses are available in children's sizes. Discount given on child size 3 and under

WHAT ARE THE ADVANTAGES OF CAD CAM ORTHOSES?

- **New Material Options**
  as CAD CAM direct milling does not require materials which can be heat moulded, new materials like PU (polyurethane) can be used.
- **Lower Cost**
  savings on labour time result in a more cost effective product
- **Faster ordering systems if using a scanner**
  total online ordering systems
- **Accuracy**
  digital modelling allows complete accuracy to 0.01 of a millimetre
- **Repeatability**
  Increased forever storage capacity, means repeats are available after any period. Identical repeatability on orthoses shells.

POLYURETHANE CAD CAM ORTHOSES

CONTOUR

Medium density black polyurethane (PU) shell

Features
- Offers superior impact resistance
- Excellent shock attenuation
- Structural memory, returns to original shape after loading
- Elastic recoil & energy returning properties
- Increased durability & high load bearing capacity
- Open cell breathable PU, wicks moisture away

Contour

Recommendations
- Closely cradles osseous deformity
- Useful post fracture & post op
- Maintains shape after many loading cycles
- Energy-returning
- For comfort and putting a bounce into a patients step
- Hyperhidrosis and moisture problems

Limitations
- Not suitable for slim fitting footwear
- Not suited to heavy patients

PU-COMBI

High density rearfoot & medium density forefoot (PU) shell

Features
- Similar properties to Contour PU device with firmer rearfoot control
- Comfortable midfoot support
- Enables optimal load transfer
- Designed to facilitate propulsion

Contour

Recommendations
- Similar recommendations to Contour PU device with midfoot lighter control facilitates 1st ray plantarflexion
- Midfoot softness allows a closer contact device
- Extra comfort with good rearfoot control
- Suitable for a variety of sports
- Enhances proprioceptive feedback

Limitations
- Not suitable for slim fitting footwear
- Not suited to heavy patients

POLYPROPYLENE CAD CAM ORTHOSES

GLIDE

Black Polypropylene Shell with Polypropylene Heel Post

Features

- Available in rigid, semi-rigid or semi-flexible
- Firm polypropylene milled heel post & shell
- Very durable polypropylene heel post and shell
- Heel post will not deteriorate
- Functional control

Contour

Recommendations

- Slim for casual footwear
- Choice of shell flexibility for different activities
- Rigid & semi-rigid will suit heavier patients
- Semi-flexible will suit some sports

Limitations

- Patients requiring shock attenuation
- Osseous deformity
- Patients requiring a close contact device

MOTION

Black Polypropylene Shell with Standard EVA Heel Post

Features

- Available in rigid, semi-rigid or semi-flexible
- Firm polypropylene milled shell
- High density EVA heel post
- EVA heel post offers added shock attenuation
- Functional control & shock attenuation

Contour

Recommendations

- Slim for casual footwear & trainers
- Choice of shell flexibility for different sports & activities
- Rigid & semi-rigid will suit heavier patients
- Semi-flexible will suit many sports
- Rearfoot shock attenuation for sports & walking

Limitations

- Osseous deformity
- Patients requiring a close contact device

PROPEL

Black Polypropylene Shell with Slimline EVA Heel Post

Features

- Available in rigid, semi-rigid or semi-flexible
- Very slimline heel post to stabilise device in difficult shoes
- Slimline shell design
- Machined to fit shoes of any heel height/pitch
- Slimfit rounded heels will fit football/ rugby boots

Contour

Recommendations

- Very slimline for difficult to fit footwear
- Ideal for high heels and dress shoes
- Choice of shell flexibility for different sports & activities
- Rigid shell ideal for cycling shoes
- Semi-rigid may suit sprinting shoes
- Semi-flexible may suit football/ rugby boots

Limitations

- Osseous deformity
- Hypermobility
- High levels of rearfoot correction
- Patients requiring a close contact device

EVA CAD CAM ORTHOSES

EVOLVE

High density black EVA shell

Features

- Medium-high density EVA shell
- Flat base for stability
- Close contact device
- Functional/accommodative foot orthoses
- Increased shock attenuation

Contour

Recommendations

- Provides excellent stability
- Suitable for hypermobility
- Suitable for casual or sports wear
- Enhances proprioceptive feedback
- Closely cradles osseous deformity

Limitations

- Not suitable for slim fitting footwear
- Not suited to heavy patients

EVA-DUAL

High density rearfoot & medium density forefoot EVA shell

Features

- Similar properties to Evolve EVA device with firmer rearfoot control
- Comfortable midfoot support
- Enables optimal load transfer
- Designed to facilitate propulsion

Contour

Recommendations

- Similar recommendations to Evolve EVA device with midfoot lighter control facilitates 1st ray plantarflexion
- Midfoot softness allows a closer contact device
- Extra comfort with good rearfoot control

Limitations

- Not suitable for slim fitting footwear
- Not suited to heavy patients

PPL biomechanics
Tramore Commercial Park, Tramore Road, Cork, Ireland.
Tel: + 353 (0) 21 4320277 / **Fax:** + 353 (0) 21 4321159

CADCAM ORTHOSES PRESCRIPTION FORM

PRACTITIONER INFORMATION

Name:

Phone Number:

Email:

Date Prescribed:

BILLING INFORMATION

Account Code:

Account Name & Delivery Address:

Await HSE Sanction: ☐ **Await Payment:** ☐

LAB USE ONLY

Ref No: MO

Arrival Date: / / 20

Due Out Date: / / 20

PATIENT INFORMATION

Name:	AGE	SEX
		☐ Male ☐ Female

SHAPE & LENGTH

Full Length	Cut to Sulci	3/4 Length
☐	☐	☐

Shape	Size
MENS 3½ - 14	
LADIES 3½ - 10	
CHILDS 7½ - 3	

SHELL TYPES

	COVERING
☐ **Glide** Black Polyprop Shell with Polypro Heel Post ☐ **Motion** Black Polyprop Shell with Standard EVA Heel Post ☐ **Propel** Black Polyprop Shell with Slimline EVA Heel Post	☐ Black Carbosan Vinyl ☐ Silver Carbosan Vinyl ☐ Black Microfibre Suedette ☐ Grey 2mm Astroshock
Flexibility ☐ Rigid ☐ Semi-Rigid ☐ Semi-Flex	
☐ **Contour** Medium Density Polyurethane Shell ☐ **PU-Combi** High Density Rearfoot & Medium Density Forefoot	☐ Black 1mm EVA
☐ **Evolve** High Density EVA Shell ☐ **EVA-Dual** High Density Rearfoot & Medium Density Forefoot	☐ Black 1mm EVA ☐ Black Microfibre Suedette

SHELL ADAPTIONS

	LEFT	RIGHT
Slimline Options Not Available With Slimline Options	☐ Low Heel Cup ☐ Slim Width of Shell	☐ Low Heel Cup ☐ Slim Width of Shell
Stability Options Not Available With Slimline Options	☐ Deep Heel Cup ☐ High Medial Side ☐ High Lateral Side	☐ Deep Heel Cup ☐ High Medial Side ☐ High Lateral Side
1st Met Cut Out	☐ Not Advised For EVA /PU Devices	☐ Not Advised For EVA /PU Devices
Other Shell Adaptions Please Describe		

POSTING - PPL Assistance

		LEFT	RIGHT
A	Type and amount of rearfoot posting required using prescription platform	○ MED ○ LAT	○ MED ○ LAT
or	NCSP		
B	Neutral Calcaneal Stance Position	○ INV EV	○ INV EV
	RCSP Relaxed Calcaneal Stance Position	○ INV EV	○ INV EV
C	Are they Pronating or Supinating in the Rearfoot Complex when standing?	Pronating Supinating	Pronating Supinating
D	Total Forefoot Invertion	○ INV	○ INV
E	BONY Forefoot Invertion *(FF varus)*	○ INV	○ INV
G	BONY limitation of movement		

POSTING PRESCRIPTION

	LEFT	RIGHT
Intrinsic Posting The following should be considered when deciding intrinsic posting Value of total Forefoot Invertion Patients age and joint mobility	☐ **zero** ○ heel vertical ○ INV ○ EV	☐ **zero** ○ heel vertical ○ INV ○ EV
Rearfoot Extrinsic Posting We recommend a maximum of 8°	○ MED ○ LAT	○ MED ○ LAT
Medial Heel Skive (Kirby) Only advised on Podofirm. 15° angle unless otherwise prescribed	_____ mm	_____ mm
Total Forefoot Extrinsic Medial Posting A maximum of 8° is recommended for shoe fit reasons	○ MED	○ MED
Other Posting Please Describe — Type		

HEEL & ARCH ADDITIONS

	LEFT	RIGHT
Heel Raise Attached Max 5mm	mm	mm
Heel Raise Detachable Max 10mm	mm	mm
Heel Cushion (Not Recommended)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
Extra Cushioning under Arch (Not Recommended)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm

MIDFOOT ADDITIONS

	LEFT	RIGHT
3mm 2-5 Varus Metatarsal Bar	☐	☐
5mm 2-5 Varus Metatarsal Bar	☐	☐
2-4 Metatarsal Dome Pad	Low Med High	Low Med High
Teardrop Pad Circle one Met Head Only	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

FOREFOOT ADDITIONS

	LEFT	RIGHT
Long Met Shaft Pad (Mortons Pad) Which Met Shaft?	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
Thickness of Met Shaft Pad? Grey Poron ™ used as standard	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
2-5 Varus Met Lift (Reverse Mortons Pad)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
1st Metatarsal Cut-Out Pad (Less bulky than Metatarsal Cushion with cut-out)	☐	☐
Metatarsal Cushions Cushioning under Met Heads Thick thickness below	☐	☐
Thickness of Cushions? Grey Poron ™ used as standard	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
Cut Out in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
U in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

Shoe Pitch

- ☐ **LOW** Trainer/Walking Shoe
- ☐ **MED** Heel between 1 & 2"
- ☐ **HIGH** Heel over 2"
- ☐ **NONE** Football boot

SERVICES

Fast Track **3 Days Ex charge**	☐
Special Fitting Service **Ex charge**	☐
Refurbishment Scheme **Ex charge**	☐
Prescription Forms **CadCam**	☐
Assessment Forms	☐
Foot Sketch Forms	☐
Mailing Boxes & Labels	☐
Mailing Labels Only	☐

FURTHER INFORMATION

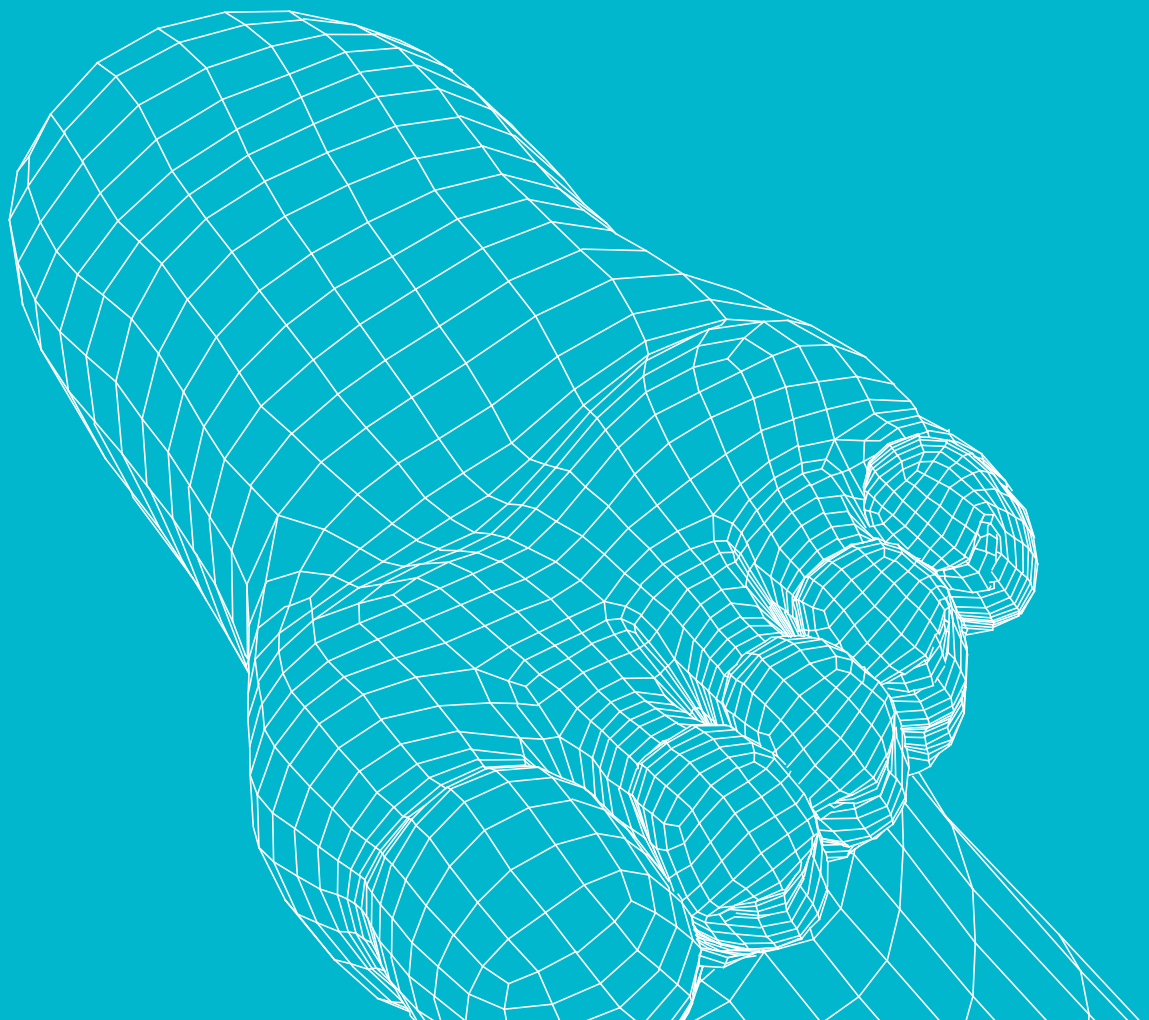
NOTE

We recommend taking a full size sketch of the foot for orthoses with any midfoot or forefoot additions

You must complete **either** Posting - PPL Assistance **OR** Posting Prescription sections.

PPL23112010

HANDMADE CASTED ORTHOSES



HANDMADE CASTED ORTHOSES

Features
- Truly custom made orthoses.
- Individually handmade and designed from a plaster cast or deep foam box impression of the foot
- Intrinsic posting is applied as standard
- We assume all casts are taken in sub-talar neutral position unless otherwise informed.
- Modified Blake and Root principles of cast modification used
- High quality durable materials
- Inbuilt shock attenuation

How to Order
- Prescription form and plaster or foam box cast by post. With foot sketch if required

Options
- Non standard additions can be requested with a sketch
- No additional cost for any combination of rearfoot and forefoot extrinsic posting
- Small charge for each heel, midfoot and forefoot addition
- 4 types of shell
- Stabilising and slimline options
- Choice of coverings and colours available

Recommendations
- See shell types for different uses and recommendations

Services
- Standard guarantees apply
- 7 Day turnaround time
- 3 Day Fast track *
- Special Fitting Service *
- Refurbishment Scheme*
- Discount on 2nd pair ordered within six months (see terms and conditions)

  * extra charge

Paediatrics
- All casted orthoses are available in children's sizes. Discount given on child size 3 and under

PODOFLEX

Contour

Available In

Recommendations
- Casual wear
- Excellent for most sports including long distance running
- Hypermobility
- Gross foot deformity
- Post fracture / Post-op

Features
- Super high density eva shell.
- Durable with maximum shock absorbency
- Flat based for good stability

Limitations
- Not recommended for very heavy patients
- Not recommended for slim fitting footwear

FLEXIFIRM

Contour

Available In

Recommendations
- Casual wear
- Excellent for nearly all sports
- Gross hypermobility
- Fits football boots

Features
- A composite device giving strength, durability and shock absorbency, yet maintaining good flexibility
- Thin 2-3mm quality Supralene™ shell, with super high density EVA moulded under entire length of device

Limitations
- Not recommended for slim ladies shoes

PODOFIRM

Contour

Available In

Recommendations
- Casual wear and casual sports

Features
- Semi- rigid casted orthoses, giving strength and durability, yet maintaining limited flexibility.
- 3-4mm quality Supralene™ shell.
- Super high density EVA heel posts, provides moderate shock absorption at heel strike
- Slimmer device for easier accommodation

Limitations
- Not recommended for high impact sport or long distance running
- Not recommended for instability or gross foot deformity

PODOSOFT

Contour

Available In

Recommendations
- Post fracture/Post-op
- At risk patients, only use when functional control cannot be tolerated

Features
- Low density EVA shell (Blue colour option only)
- Accommodative device only

Limitations
- Not recommended where any level of functional control is required

PPL biomechanics
Tramore Commercial Park, Tramore Road, Cork, Ireland.
Tel: + 353 (0) 21 4320277 / **Fax:** + 353 (0) 21 4321159

CASTED ORTHOSES PRESCRIPTION FORM

HANDMADE CASTED ORTHOSES

PRACTITIONER INFORMATION

Name:

Phone Number:

Email:

Date Prescribed:

BILLING INFORMATION

Account Code:

Account Name & Delivery Address:

Await HSE Sanction: ☐ **Await Payment:** ☐

LAB USE ONLY

Ref No: MO

Arrival Date: / / 20

Due Out Date: / / 20

PATIENT INFORMATION

Name: **Age:**

Relevant History: **Sex:** ☐ Male ☐ Female

SHAPE & LENGTH

Full Length	Cut to Sulci	3/4 Length
☐	☐	☐

Shape	Size
MENS 3½ - 14	
LADIES 3½ - 10	
CHILDS 7½ - 3	

SHELL TYPES

		COLOUR	COVERING
Podofirm Suprelene Sheel with EVA Heel Post	☐	☐ Blue ☐ Black ☐ Beige	☐ EVA ☐ Microfibre Suedette **Special Covers** ☐ nora ® Lunairflex 3mm Beige Ex Charge
Flexifirm Suprelene Sheel with EVA Heel & Arch Support	☐		
Podoflex Very High Density EVA Shell	☐		
Podosoft Low Density EVA Shell	☐		

SHELL ADAPTIONS

	LEFT	RIGHT
Slimline Options Not Available With Stabilising Options	☐ Low Heel Cup ☐ Slim Width of Shell	☐ Low Heel Cup ☐ Slim Width of Shell
Stability Options Not Available With Slimline Options	☐ Deep Heel Cup ☐ High Medial Side ☐ High Lateral Side	☐ Deep Heel Cup ☐ High Medial Side ☐ High Lateral Side
1st Met Cut Out	☐ Not Advised For EVA Devices	☐ Not Advised For EVA Devices
Other Shell Adaptions Please Describe		

POSTING - PPL Assistance

		LEFT	RIGHT
A	Type and amount of rearfoot posting required using prescription platform	o MED / o LAT	o MED / o LAT
or B	NCSP Neutral Calcaneal Stance Position	o INV EV	o INV EV
	RCSP Relaxed Calcaneal Stance Position	o INV EV	o INV EV
C	Are they Pronating or Supinating in the Rearfoot Complex when standing?	Pronating Supinating	Pronating Supinating
D	Total Forefoot Invertion	o INV	o INV
E	BONY Forefoot Invertion *(FF varus)*	o INV	o INV
G	BONY limitation of movement		

POSTING PRESCRIPTION

	LEFT	RIGHT
Intrinsic Posting The following should be considered when deciding intrinsic posting Value of total Forefoot Invertion Patients age and joint mobility	☐ zero o heel vertical	☐ zero o heel vertical
	o INV	o INV
	o EV	o EV
Rearfoot Extrinsic Posting We recommend a maximum of 8°	o MED	o MED
	o LAT	o LAT
Medial Heel Skive (Kirby) Only advised on Podofirm. 15° angle unless otherwise prescribed	____ mm	____ mm
Total Forefoot Extrinsic Medial Posting A maximum of 8° is recommended for shoe fit reasons	o MED	o MED
Other Posting Please Describe — Type		

HEEL & ARCH ADDITIONS

	LEFT	RIGHT
Heel Raise Attached Max 5mm	mm	mm
Heel Raise Detachable Max 10mm	mm	mm
Heel Cushion (Not Recommended)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
Extra Cushioning under Arch (Not Recommended)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm

MIDFOOT ADDITIONS

	LEFT	RIGHT
3mm 2-5 Varus Metatarsal Bar	☐	☐
5mm 2-5 Varus Metatarsal Bar	☐	☐
2-4 Metatarsal Dome Pad	Low Med High	Low Med High
Teardrop Pad Circle one Met Head Only	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

FOREFOOT ADDITIONS

	LEFT	RIGHT
Long Met Shaft Pad (Mortons Pad) Which Met Shaft?	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
Thickness of Met Shaft Pad? Grey Poron ™ used as standard	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
2-5 Varus Met Lift (Reverse Mortons Pad)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
1st Metatarsal Cut-Out Pad (Less bulky than Metatarsal Cushion with cut-out)	☐	☐
Metatarsal Cushions Cushioning under Met Heads Thick thickness below	☐	☐
Thickness of Cushions? Grey Poron ™ used as standard	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
Cut Out in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
U in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

Shoe Pitch

- ☐ **LOW** Trainer/Walking Shoe
- ☐ **MED** Heel between 1 & 2"
- ☐ **HIGH** Heel over 2"
- ☐ **NONE** Football boot

SERVICES

Fast Track **3 Days Ex charge**	☐
Special Fitting Service **Ex charge**	☐
Refurbishment Scheme **Ex charge**	☐
Prescription Forms **CadCam**	☐
Assessment Forms	☐
Foot Sketch Forms	☐
Mailing Boxes & Labels	☐
Mailing Labels Only	☐

FURTHER INFORMATION

NOTE

We recommend taking a full size sketch of the foot for orthoses with any midfoot or forefoot additions

You must complete **either** Posting - PPL Assistance **OR** Posting Prescription sections.

PPL23112010

TOTAL CONTACT CASTED ORTHOSES

TOTAL CONTACT DEVICES

Features
- Truly custom made orthoses
- Total contact devices reduce peak pressure by spreading the load helping to minimise tissue breakdown
- Handmade to a deep foam impression box.
- 3 types available

Recommendations - High risk patients
- Diabetic foot
- Neuroarthropathy (Charcot foot)
- Rheumatoid Arthritis
- Pre/Post foot ulceration
- Fixed orthopaedic conditions
- Post surgery

Covering Options
- 3mm Nora Lunairflex

Posting Options
- Accommodative when not intrinsically posted (no movement will occur at the midfoot).
- Extrinsic posting can be applied to all 3 types if movement at the subtalar joint needs to be controlled.
- Semi-functional when small amount of intrinsic posting applied, this allows some movement at the midfoot and facilitates normal medial column motion. (Only available on TYPE 3)

Shell Options

Heavy Duty Accommodative
- The device is moulded the full length of the foot. 2 Layer device with high density EVA full length shell, plus choice of cushioning cover. Bulky device suitable only for made to measure or extra depth extra width shoes and boots.

Medium Duty Accommodative
- The device is moulded the full length of the foot. 3 Layer device with full length 3mm Nora Lunaflex shell, high density EVA 3/4 length shell stiffener, plus choice of cushioning cover. Less bulky, suitable for extra depth extra width shoes and boots and trainers.

Medium Duty Semi Functional
- Moulded high density 3/4 length shell, cushioned forefoot extension, choice of cushioning covers. Least bulky, suitable for most standard lace shoes, boots and trainers.

How to Order

- Prescription form and foam box cast.
- Foot sketch if required.
- Footwear or template of shoe insole if possible to ensure good fit to orthopaedic or unusual footwear.

PPL biomechanics
Tramore Commercial Park, Tramore Road, Cork, Ireland.
Tel: + 353 (0) 21 4320277 / **Fax:** + 353 (0) 21 4321159

PLEASE RETAIN CARBON COPY FOR YOUR NOTES

TOTAL CONTACT CASTED ORTHOSES FORM

PRACTITIONER INFORMATION

Name:

Phone Number:

Email:

Date Prescribed:

BILLING INFORMATION

Account Code:

Account Name & Delivery Address:

Await HSE Sanction: ❑ **Await Payment:** ❑

LAB USE ONLY

Ref No: MO

Arrival Date: / / 20

Due Out Date: / / 20

PATIENT INFORMATION

Name: **Age:**

Relevant History: **Sex:** ❑ Male ❑ Female

SHAPE & LENGTH

PLEASE SEND FOOTWEAR OR INSOLE TEMPLATE IF POSSIBLE

Shoe Size: **Style:**

SHELL TYPE (Please Tick)

TYPE 1 **Heavy Duty Accommodative** ❑

FOAM BOX CASTS RECOMMENDED

No cast modifications, no intrinsic posting, moulded entire length of foot.
2 Layer device with High Density EVA full foot length shell, and a 3mm nora® Lunairflex* cushioning cover. **For a better fit, we advise that you send in the patient's footwear.**

TYPE 2 **Medium Duty Accommodative** ❑

FOAM BOX CASTS RECOMMENDED

No cast modifications, no intrinsic posting, moulded entire length of foot.
3 Layer device with 3mm nora® Lunairflex* full foot length moulded inner shell, High Density EVA ¾ length outer shell, and a 3mm nora® Lunairflex* cushioning cover. **For a better fit, we advise that you send in the patient's footwear.**

TYPE 3 **Functional Podoflex Device**

If you require a functional device with additions or intrinsic correction, then use the orange **CASTED ORTHOSES FORM** and request a special nora® Lunairflex* cover.

NOTE * nora® Lunairflex cover is a tested and certified skin friendly material, washable and hygienic due to its closed cellular structure

STABILISING OPTIONS

	LEFT	RIGHT
Deep Heel Cup	❑	❑
High Medial Side	❑	❑
High Lateral Side	❑	❑

BIOMECHANICAL INFORMATION

	LEFT	RIGHT
Forefoot Inverted on the Rearfoot ?	Yes / No	Yes / No
Estimate how much is BONY (fixed and not correctable).	°	°
Is the 1st Ray Plantarflexed?	Yes / No	Yes / No

	LEFT			RIGHT		
	Mobile	Limited	Rigid	Mobile	Limited	Rigid
Rearfoot Mobility	❑	❑	❑	❑	❑	❑
Midfoot Mobility	❑	❑	❑	❑	❑	❑
Forefoot Mobility	❑	❑	❑	❑	❑	❑
1st Ray Mobility	❑	❑	❑	❑	❑	❑
1st MPJ Mobility	❑	❑	❑	❑	❑	❑

ARE THERE ANY OTHER
Bony Limitations / Amputations / Charcot Joints / Ulcerations ?
Please detail on sketch

POSTING INFORMATION (Please Tick)

Do you want extrinsic posting to allow the rearfoot to sit:

a) In an uncorrected relaxed heel position ❑

b) As close to vertical heel as possible ❑

Further Posting Instructions:

FURTHER INFORMATION

PPL280042010

OTHER CUSTOM DEVICES

CARBONFLEX DEVICES

Features
- 14 pairs of sizing shells to fit the majority of foot shapes and sizes.
- Shells are adapted to each specific prescription
- No casting, quick and easy to prescribe
- Cost effective
- Carbonflex shell material allows strength and durability, yet maintains flexibility.
- 2mm carbon composite shell, lightweight and easily accommodated
- Zero memory loss, shells never bottom out

Options
- Non standard additions can be requested with a sketch
- No additional cost for any combination of rearfoot and forefoot extrinsic posting
- Small charge for each heel, midfoot and forefoot addition
- 2 shell width options (standard, slimfit)
- 4 heel type options (standard, slimfit, no heel, comfort fill)

Recommendations
- Slim and lightweight, fits most footwear including football boots
- Lower cost alternative to casted orthoses
- Moderate rearfoot pronation or supination
- Ideal for all sports
- Flex quality of the shells helps medial column function.

How to Order (Ordering with a Kit (recommended))
- Prescription form by post or fax
- With foot sketch if required
- By phone (if no sketch required)

Services
- Standard Guarantees apply
- 4 Day turnaround time
- 2 Day Fast track *
- Special Fitting Service *

* extra charge

The Carbonflex kit contains
- 14 pairs of adult blue sizing shells
- Neutral Zone Prescription Platform

Neutral zone prescription platform

CARBONFLEX KIT

Using the Carbonflex Kit is the recommended method for prescribing Carbonflex Devices. Casting is not necessary, making the prescription process cleaner and faster.

The kit contains 14 pairs of blue sizing shells, which allow you to select the best fitting device for your patients arch profile.

As you will be standing your patient on a replica of the device you intend to prescribe, you will be able to objectively test your prescription. You can therefore be confident about the function and fit of the devices.

A neutral zone prescription platform is included in the kit, this is used in conjunction with the blue sizing shells to determine how much extra posting is required.

Carbonflex kits are available on a one month free trial basis. The benefit of using the kit to prescribe Carbonflex Devices is not only the accuracy of the prescription, but also there is no need to cast the foot. To help you spread the cost of purchasing a carbonflex kit we offer 2 payment plans, these can be taken over 6 or 12 months.

PRESCRIBING CARBONFLEX DEVICES

USING THE CARBONFLEX KIT

Select the correct sizing shell

With the patient lying prone and in STJ neutral position, select the blue sizing shell which best matches their natural arch profile. The shells are marked L or M plus a number. L shells are narrow in width and M shells are wider.

The shell number does relate somewhat to shoe size. However we strongly recommend that you choose the template which best matches the natural arch profile, not the shell that matches the length.

Assessment using the Neutral Zone Prescription Platform.

Please Note* Step 3 is different

1. Assess footwear to determine height of shoe pitch gradient.
2. Assess leg and ankle to determine if heel raises are required.
3. Assess arch profile and place your selected sizing shell under the patients foot rather than an arch support.
4. Assess medial column to determine if midfoot or forefoot additions are required. Place additions on top of the selected shell.
5. Assess forefoot to determine if midfoot additions/forefoot posts are required. Place additions on top of the selected shell.

Altering the length of the shell

If the shell is too long, you may want to request that it is cut back in length. Stand your patient on the shell on the foot sketch form. Draw around the foot keeping the shell in place. Lift the foot off the shell then draw around the shell. With a different coloured pen draw in your required cut lines. The shell should sit behind the metatarsal heads.

6. Assess rearfoot to determine if any extra rearfoot posting is required. Place any extra wedges under the heels of the selected shells, to determine how much extrinsic medial or lateral posting is required and record.
7. Objectively test your prescription.

LAB ASSESSMENT SERVICE

Accurate determination of the postings required is difficult without the carbonflex kit. The carbonflex shells have an intrinsic post inbuilt, which gives varying amounts of medial posting, depending on the height of the patients natural non weight bearing arch profile. A patient with a low natural arch profile may get up to 8o of medial rearfoot correction from the intrinsic post. A patient with a high natural arch profile may get 0o medial rearfoot correction from the intrinsic post.

To use this lab assessment service you must send either a foot sketch or a cast. You must also complete the quantification box on the prescription form labelled WITHOUT CARBONFLEX KIT. We will then depending on the reported arch profile deduct a number of degrees from the rearfoot posting requested/NCSP to take into account the intrinsic posting.

PPL biomechanics
Tramore Commercial Park, Tramore Road, Cork, Ireland.
Tel: + 353 (0) 21 4320277 / **Fax:** + 353 (0) 21 4321159

PLEASE RETAIN CARBON COPY FOR YOUR NOTES

CARBONFLEX PRESCRIPTION FORM

PRACTITIONER INFORMATION

Name:

Phone Number:

Email:

Date Prescribed:

BILLING INFORMATION

Account Code:

Account Name & Delivery Address:

Await HSE Sanction: ☐ **Await Payment:** ☐

LAB USE ONLY

Ref No: CF

Arrival Date: / / 20

Due Out Date: / / 20

PATIENT INFORMATION

Name: **Age:**

Relevant History: **Sex:** ☐ Male ☐ Female

SHAPE & LENGTH

Full Length	Cut to Sulci	3/4 Length No Forefoot Additions
☐	☐	☐

Shape	Size
MENS 3½ - 14	
LADIES 3½ - 10	
CHILDS 7½ - 3	

SHELL STYLE

The Carbonflex Shell is narrow with a shallow heel cup. They are slimline and will fit most shoes.
If you require an extraslim shell, please **NOTE IT ***
with trimming instructions **on your sketch**.

HEEL OPTIONS

Slimfit Heel Max 5° Extrinsic Posting	☐
Standard Heel Max 8° Extrinsic Posting	☐
No Heel Post No Extrinsic Posting	☐
Comfort Fill (Poron ™) No Extrinsic Posting	☐

WITH CARBONFLEX KIT Recommended

Complete if using Carbonflex Kit for Assessment

If you require our lab to trim back the shell.
Please Send Sketch
Draw Trimming Instructions on Sketch
Shell Cut Back as per Sketch / Drawing ☐

Shell Code M or L & Number

EXTRINSIC POSTING

	LEFT	RIGHT
What Gradient for **shoe pitch** have you used to measure? **Low** Flat Shoe / Trainer / Walking Shoe **Medium** Heels between 1 & 2 inches 3-5cm **High** Heels over 2 inch (5cm)	Low ☐ Med ☐ High ☐	Low ☐ Med ☐ High ☐
No Extrinsic Posting Remember the shells have an intrinsic medial post built into them of between 3° & 8° depending on foot shape/arch profile	☐	☐
Rearfoot Medial Posting Max 8° (Standard Heel) 5° (Slimfit Heel)	o	o
Rearfoot Lateral Posting Max 5° (Standard Heel) 3° (Slimfit Heel)	o	o
Total Forefoot Medial Posting Only for **Bony** Forefoot Varus or Sprinter Cyclist Max 8°	o	o
Forefoot 1-5 Medial Posting Only for **Bony** Forefoot Varus Max 5° (Not Recommended)	o	o

Complete "with kit" section OR "without kit" section

WITHOUT CARBONFLEX KIT (Extra Charge)

Complete for Lab Assessment without using a kit
You must take a sketch and/or send a cast or 3D scan

QUANTIFICATIONS

	LEFT	RIGHT
Non-weight bearing arch profile (axis) in STJ neutral	Low Med High	Low Med High
Total amount of rearfoot posting required? (Accounting for shoe pitch)	o MED o LAT	o MED o LAT

HEEL & ARCH ADDITIONS

	LEFT	RIGHT
Heel Raise Attached Max 5mm	mm	mm
Heel Raise Detachable Max 10mm	mm	mm
Heel Cushion (Not Recommended)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
Extra Cushioning under Arch (Not Recommended)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm

MIDFOOT ADDITIONS

	LEFT	RIGHT
3mm 2-5 Varus Metatarsal Bar	☐	☐
5mm 2-5 Varus Metatarsal Bar	☐	☐
2-4 Metatarsal Dome Pad	Low Med High	Low Med High
Teardrop Pad Circle one Met Head Only	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

FOREFOOT ADDITIONS

	LEFT	RIGHT
Long Met Shaft Pad (Mortons Pad) Which Met Shaft?	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
Thickness of Met Shaft Pad? Grey Poron ™ used as standard	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
2-5 Varus Met Lift (Reverse Mortons Pad)	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
1st Metatarsal Cut-Out Pad (Less bulky than Metatarsal Cushion with cut-out)	☐	☐
Metatarsal Cushions Cushioning under Met Heads	☐	☐
Thickness of Cushions? Grey Poron ™ used as standard	☐ 3mm ☐ 5mm	☐ 3mm ☐ 5mm
Cut Out in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
U in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

COVERING Recommended in Bold

Microfibre Suedette Thin, durable **DAYWEAR & SPORT**	**0.75mm Grey**	☐
	0.75mm Black	☐
Astroshock Shock-absorbing durable	**Thin 1.8mm Grey**	☐
	3mm Grey	☐
EVA	1mm Blue	☐
Vinyl	1mm Black	☐

EXTRA LAYERS Adds Bulk

On shell only	☐
On whole device	☐
What material?	
What thickness?	mm

SERVICES

Fast Track 2 Days **Ex charge**	☐
Special Fitting Service **Ex charge**	☐
Refurbishment Scheme **Ex charge**	☐
Prescription Forms (Carbonflex)	☐
Assessment Forms	☐
Foot Sketch Forms	☐

FURTHER INFORMATION

NOTE

Any cutting back of shells must be drawn on a foot sketch form. We also recommend taking a full size sketch of the foot for devices with any midfoot or forefoot additions or any non standard additions which are not listed on this form

PPL14112011

PRESCRIPTION INSOLES

Features
- Quick and easy to prescribe
- Cost effective
- Made to measure
- Easily accommodated
- Durable
- Fits most footwear

Options
- Non standard additions can be requested with a sketch
- No additional cost for any combination of standard additions and wedges
- Any size or shape to order
- Variety of coverings available
- Available in children's sizes. Discount given on child size 3 and under

Recommendations
- Forefoot deformity
- Mild to moderate rearfoot pronation or supination
- Shock attenuation

How to Order
- Prescription form by post or fax
- With foot sketch if required
- By phone (if no sketch required)

Services
Standard Guarantees apply
- 3 Day turnaround time
- 1 Day Fast track *
- Special Fitting Service *

SHAPE AND LENGTH

Full length insoles are recommended for a better fit as they can be cut back easily in the clinic. Remember patients often wear the wrong shoe size. If you send a sketch you must also tell us the shoe size. The insole length is made to fit the shoe. We use a standard range of children's, ladies and men's templates, you can request either the children's, men's or ladies shape of template. Sending a foot sketch allows us to place cut outs more accurately. Insoles can be made to fit non standard footwear, by either sending an accurate template (preferably the insole or liner from the shoe) or the shoes themselves.

COVERING OPTIONS

A variety of covering materials are available. Suedette is recommended as a thin comfort cover, ideal for those patients prone to blistering. Thin Astroshock is recommended as a washable cover for sports players or where shock attenuation is required. The thickness of the covering material changes the whole nature and fit of the insole. An insole with an Astroshock cover will not fit into a ladies dress shoe. An insole with a suedette cover will not be thick or durable enough in a Wellington boot.

PPL biomechanics
Tramore Commercial Park, Tramore Road, Cork, Ireland.
Tel: + 353 (0) 21 4320277 / **Fax:** + 353 (0) 21 4321159

PLEASE RETAIN CARBON COPY FOR YOUR NOTES

INSOLE PRESCRIPTION FORM

PRACTITIONER INFORMATION

Name:

Phone Number:

Email:

Date Prescribed:

BILLING INFORMATION

Account Code:

Account Name & Delivery Address:

Await HSE Sanction: ❑ **Await Payment:** ❑

LAB USE ONLY

Ref No: SI

Arrival Date: / 20

Due Out Date: / / 20

PATIENT INFORMATION

Name: **Age:**

Relevant History: **Sex:** ❑ Male ❑ Female

SHAPE & LENGTH

Full Length	Cut to Sulci	3/4 Length No Forefoot Additions
❑	❑	❑

Shape	Size
MENS 3 1/2 - 14	
LADIES 3 1/2 - 10	
CHILDS 7 1/2 - 3	

ARCH & WEDGING

	LEFT	RIGHT
Height of Arch	Low Med High	Low Med High
Rearfoot **Medial** Wedging	o Max 8°	o Max 8°
Rearfoot **Lateral** Wedging	o Max 8°	o Max 8°
TOTAL Forefoot **Medial** Wedging Bony FF Varus only (Gives more control)	o Max 8°	o Max 8°
TOTAL Forefoot **Lateral** Wedging Bony FF Valgus only (Gives more control)	o Max 8°	o Max 8°
Forefoot **Medial** Wedging Bony FF Varus only (Not Recommended)	o Max 5°	o Max 5°
Forefoot **Lateral** Wedging Bony FF Valgus only (Not Recommended)	o Max 5°	o Max 5°

HEEL ADDITIONS

	LEFT	RIGHT
Heel Raise Attached Max 10mm	mm	mm
Heel Raise Detachable Max 10mm	mm	mm
Heel Cushion	❑ 3mm ❑ 5mm	❑ 3mm ❑ 5mm
Heel Cobra Pads	❑	❑

MIDFOOT ADDITIONS

	LEFT	RIGHT
3mm 2-5 Varus Metatarsal Bar	❑	❑
5mm 2-5 Varus Metatarsal Bar	❑	❑
2-4 Metatarsal Dome Pad	Low Med High	Low Med High
Teardrop Pad Circle one Met Head Only	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

FOREFOOT ADDITIONS

	LEFT	RIGHT
Long Met Shaft Pad (Mortons Pad) Which Met Shaft?	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
Thickness of Met Shaft Pad? Grey Poron ™ used as standard	❑ 3mm ❑ 5mm	❑ 3mm ❑ 5mm
2-5 Varus Met Lift (Reverse Mortons Pad)	❑ 3mm ❑ 5mm	❑ 3mm ❑ 5mm
1st Metatarsal Cut-Out Pad (Less bulky than Metatarsal Cushion with cut-out)	❑	❑
Metatarsal Cushions Cushioning under Met Heads Thick thickness below	❑	❑
Thickness of Cushions? Grey Poron ™ used as standard	❑ 3mm ❑ 5mm	❑ 3mm ❑ 5mm
Cut Out in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle
U in Cushions? To which Met Head? Please sketch	1 2 3 4 5 Please Circle	1 2 3 4 5 Please Circle

COVERING

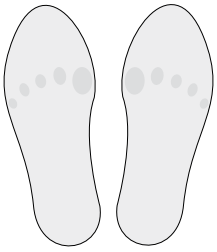
Recommended in Bold

Microfibre Suedette Thin, durable, soft DAYWEAR & SPORT	**0.75mm Blue**	❑
	0.75mm Black	❑
Astroshock Shock-absorbing durable _ SPORT	**Thin 1.8mm Grey**	❑
	Medium 3mm Grey	❑
EVA	1mm Blue	❑
Vinyl	1mm Black	❑

SERVICES

Fast Track 1 Days **Ex charge**	❑
Special Fitting Service **Ex charge**	❑
Prescription Forms (Insoles)	❑
Assessment Forms	❑
Foot Sketch Forms	❑

SKETCH

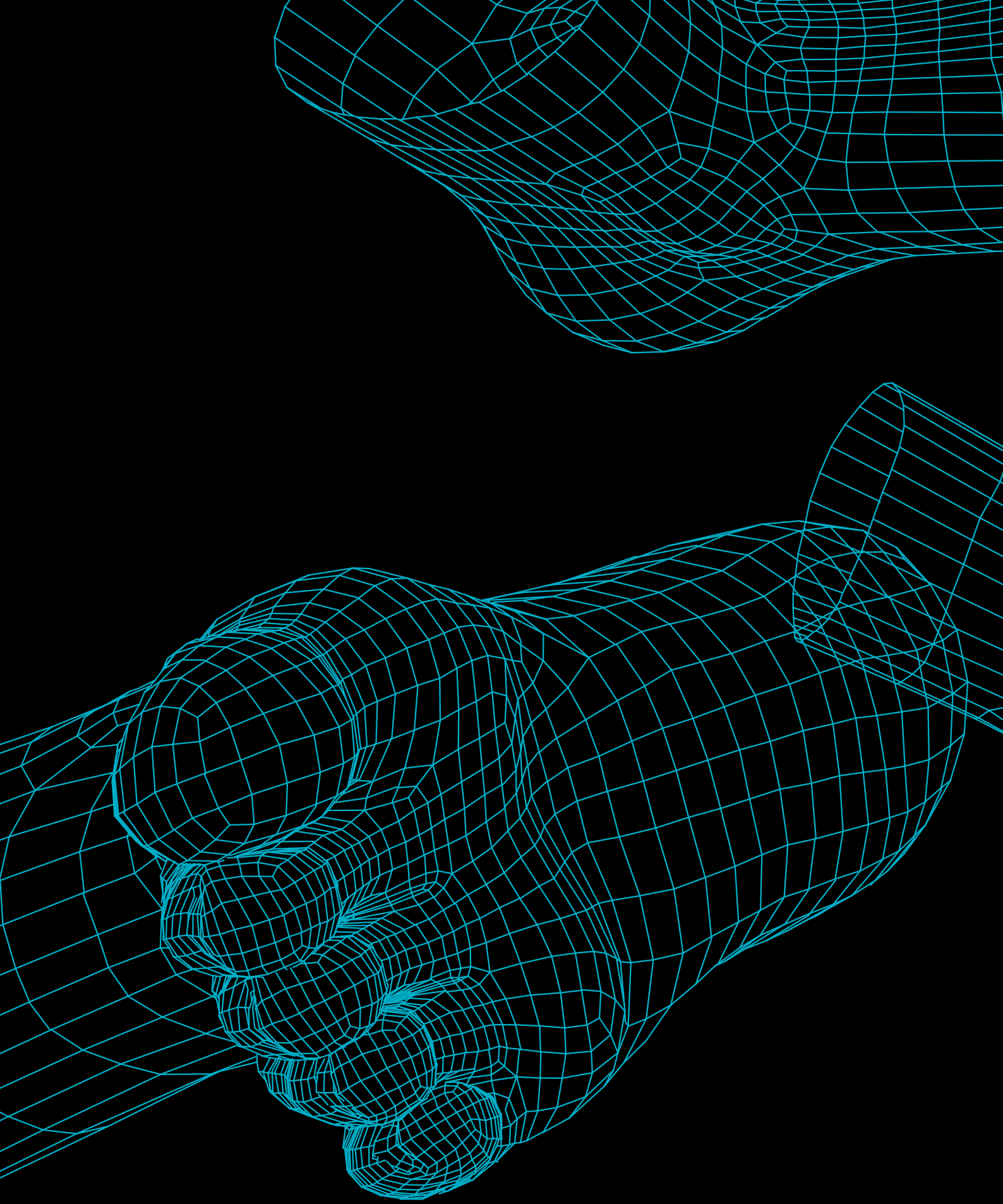


FURTHER INFORMATION

NOTE

We recommend takng a full size sketch of the foot for Insoles with any midfoot or forefoot additions or any non standard additions which are not listed on this form. Note the insole will be made to fit the shape and length of the shoe size

PPL14112011



www.pplbiomechanics.com