



**COMPONENTS OF  
FINAL ORTHOSES  
with commercial shoe**

1. R1 of  $-10^{\circ}$  or less. Solid ankle AFO fabricated at R1. **NO** additional stretch on gastroc/soleus. Trim foot plate to sulcus.
2. Angle of the tibia, relative to the floor when standing in the final product (shoe or brace with sole incorporated) =  $7^{\circ}$ - $10^{\circ}$  inclination anterior of vertical to provide the most effective, stable gait. Each brace should be set as required per individual leg measurements. Any final leg length difference that is **present at final fitting** should be addressed with a full heel sole lift.
3. **“AND 1”** (brand name) tennis shoe is best, but not necessary. Use any commercial shoe that has enough depth to accommodate heel posting on brace & has a sole that easily accepts glue if posting on shoe is used. Increase shoe/incorporated sole length as follows:
  - R1  $-10^{\circ}$  = 2” (1.5 shoe sizes) longer than anatomical foot length
  - R1  $-5^{\circ}$  = 1.5” (1.5 shoe sizes) longer than anatomical foot length
  - R1  $0^{\circ}$  = 1” (1 shoe size) longer than anatomical foot length
  - R1  $\geq 5^{\circ}$  = anatomical foot length
4. Begin point load rocker at **15% from front** of total shoe/incorporated sole length

\_\_\_\_\_  
(patient name)

\_\_\_\_\_  
(therapist name & number)

Right R1 = \_\_\_\_\_ (degrees)    Left R1 = \_\_\_\_\_ (degrees)

Right anatomical foot length = \_\_\_\_\_ (inches)

Left anatomical foot length = \_\_\_\_\_ (inches)

Right final shoe/incorporated sole length = \_\_\_\_\_ (inches)

Left final shoe/incorporated sole length = \_\_\_\_\_ (inches)

Right point load rocker begins at \_\_\_\_\_ (inches) from front

Left point load rocker begins at \_\_\_\_\_ (inches) from front

Please contact me at: [liesa@knowtochange.com](mailto:liesa@knowtochange.com) for further clarification