



**COMPONENTS OF
FINAL ORTHOSES**
with either shoe mods
or sole incorporated

1. Plastic component of brace (AFO) casted & fabricated at R1.
NO additional stretch on gastroc/soleus.
2. Tibia at 7° - 10° inclination anterior of vertical (achieve via heel posting, lift inside/outside shoe, no shoe with sole incorporated into brace instead, or any combination: *see exception in #4 below*). The 7° - 10° angle of the tibia, relative to the floor when standing in the final product (shoe or brace with sole incorporated) provides the most effective and 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. Height of heel posting may be decreased over time, but is not necessary. If heel posting is decreased, tibial inclination of 7° - 10° anterior of vertical should be maintained. This is easiest to achieve via a static angle adjustable joint, **NOT** a hinge. There should be no movement in the ankle joint.
4. Increase shoe/incorporated sole length as follows:
 - R1 -20° = 2" longer than anatomical foot length & tibia at vertical
 - R1 -15° = 1.5" longer than anatomical foot length & tibia at vertical
 - R1 -10° = 2" longer than anatomical foot length
 - R1 -5° = 1.5" longer than anatomical foot length
 - R1 0° = 1" longer than anatomical foot length
 - R1 $\geq 5^{\circ}$ = anatomical foot length
5. Begin point load rocker at **15% from front** of total shoe/incorporated sole length

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 for further clarification