

ORTHOTIC SELECTION GUIDE

The Orthotic Selection Guide is a tool that will help you choose an appropriate orthotic style when you already know a patient's diagnosis and their typical footwear.

We have divided the orthotic selection into broad groups which also considers the patient's weight. The limits of {<200lbs} and {200+lbs} are not exact boundaries but serve as a general indication of what may be best for the patient, and which devices will hold-up longer for heavy duty users.

There are several other factors that may influence the material choice, such as the patient's foot size, or their past history with orthotics. We have left these out of this decision chart in order to keep the process simple. However, feel free to call us or to include any other relevant information when ordering new devices.

We hope this serves as a clear starting point for orthotic selection. Individual cases will require further attention. Please do not hesitate to call us with any questions or suggestions.

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ORTHOTIC SELECTION GUIDE FOR SHOE TYPE AND DIAGNOSIS

Plantar Fasciitis A B C D Heel Spur A W/"U" pad W/Met pad W/Drop W/Drop W/Drop W/Drop W/Drop D Rheum. Arthritis G H C D Rigid Foot Type J J K K K Post. Tib. Tend. Dys. I W/Flange W/Flange W/Flange Diabetes L M L M to Sulcus! Neuropathy, PVD L M Not Recommended! Neuropathy, PVD L M Not Recommended! Change Shoe Type		REMOVA	REMOVABLE INLAY		TIGHTER FIT	
Pes Planus A B C D Heel Spur A B W''U" pad W/"U" pad W/Met pad W/Drop Rheum. Arthritis G F W/Drop W/Drop W/Drop W/Drop Rigid Foot Type J W/Flange W/Flange Diabetes L M M Neuropathy, PVD L M Not Recommended! C D W/WU" pad W/"U" pad W/Wet pad W/Met pad W/Met pad W/Met pad W/Met pad W/Morop W/Drop W/Drop W/Drop W/Drop W/Drop W/Drop W/Flange W/Flange W/Flange W/Flange W/Flange W/Flange Not Recommended! Change Shoe Type Charcot L M Not Recommended!	DIAGNOSIS	(Sneaker, Boo	(Sneaker, Boot, Extra Depth)		(Laced, Loafer	, Heel, Slip On)
Pes Planus A B C D Heel Spur A B W''U" pad W/"U" pad W/Met pad W/Drop Rheum. Arthritis G F W/Drop W/Drop W/Drop W/Drop Rigid Foot Type J W/Flange W/Flange Diabetes L M M Neuropathy, PVD L M Not Recommended! C D W/WU" pad W/"U" pad W/Wet pad W/Met pad W/Met pad W/Met pad W/Met pad W/Morop W/Drop W/Drop W/Drop W/Drop W/Drop W/Drop W/Flange W/Flange W/Flange W/Flange W/Flange W/Flange Not Recommended! Change Shoe Type Charcot L M Not Recommended!		< 200 lbs	200 + lbs		< 200 lbs	200 + lbs
Plantar Fasciitis A B C D Heel Spur A W/"U" pad W/"U" pad W/"U" pad W/"U" pad W/"U" pad W/Met pad W/Met pad W/Met pad Neuroma E W/Drop W/Drop W/Drop Rheum. Arthritis G F C D W/Met pad W/Met pad W/Met pad W/Met pad W/Drop W/D						
Heel Spur A W/"U" pad W/"U" pad W/"U" pad W/"U" pad W/"U" pad W/Met pad W/Prop W/Drop W/Dr	Pes Planus	Α	В		С	D
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W/"U" pad W/"U" pad W/"U" pad W/"U" pad Metatarsalgia A B C D W/Met pad W/Met pad W/Met pad W/Met pad Neuroma E F C D W/Drop W/Drop W/Drop W/Drop W/Drop Rheum. Arthritis G H C D Rigid Foot Type J J K K Post. Tib. Tend. Dys. I J K K W/Flange W/Flange W/Flange W/Flange Diabetes L M L M Neuropathy, PVD L M Not Recommended! Change Shoe Type Change Shoe Type	Heel Spur	Α	В		С	D
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w/Met pad w/Met pad w/Met pad w/Met pad Neuroma E F C D w/Drop w/Drop w/Drop w/Drop Rheum. Arthritis G H C D Rigid Foot Type J J K K Post. Tib. Tend. Dys. I J K K w/Flange w/Flange w/Flange w/Flange Diabetes L M L M Neuropathy, PVD L M Not Recommended! Charcot L M Not Recommended!	Metatarsalgia		-		-	
Neuroma E F C D w/Drop w/Drop w/Drop w/Drop Rheum. Arthritis G H C D Rigid Foot Type J J K K Post. Tib. Tend. Dys. I J K K w/Flange w/Flange w/Flange w/Flange Diabetes L M L M Neuropathy, PVD L M Not Recommended! Charcot L M Not Recommended!	J	w/Met pad	w/Met pad		w/Met pad	w/Met pad
Rheum. Arthritis G H C D Rigid Foot Type J J K K K Post. Tib. Tend. Dys. I w/Flange w/Flange w/Flange w/Flange Diabetes L M L to Sulcus! to Sulcus! Neuropathy, PVD L M Not Recommended! Charcot L M Not Recommended!	Neuroma	-				
Rheum. Arthritis G H C D Rigid Foot Type J J K K K Post. Tib. Tend. Dys. I w/Flange w/Flange w/Flange w/Flange Diabetes L M L to Sulcus! to Sulcus! Neuropathy, PVD L M Not Recommended! Charcot L M Not Recommended!		w/Drop	w/Drop		w/Drop	w/Drop
Post. Tib. Tend. Dys. I w/Flange w/Flange w/Flange w/Flange Diabetes L M L M to Sulcus! to Sulcus! Neuropathy, PVD L M Not Recommended! Change Shoe Type Charcot L M Not Recommended!	Rheum. Arthritis	•	•		and the second second	
Post. Tib. Tend. Dys. I w/Flange w/Flange w/Flange w/Flange Diabetes L M L M to Sulcus! to Sulcus! Neuropathy, PVD L M Not Recommended! Change Shoe Type Charcot L M Not Recommended!						
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Diabetes L M L to Sulcus! Neuropathy, PVD L M Not Recommended! Change Shoe Type Charcot L M Not Recommended!	Post. Tib. Tend. Dys.	l w/Flange	J w/Flange			
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Neuropathy, PVD L M Not Recommended! Change Shoe Type Charcot L M Not Recommended!	Diabetes				to Sulcus!	
	Neuropathy, PVD	L	М		Not Recomm	nended!
w/Drops? Change Shoe Type	Charcot	L	М		Not Recomm	nended!
			w/Drops?		Change Shoe	Туре

	STYLE	LENGTH	ADDITIONS
Functio	onal Orthotics:		
A =	SPORT / SPRINT	Full	
B =	MARATHON / RACER	Full	
C =	DRESS / GLIDE	Sulcus	
D =	DRESS	Sulcus	w/Arch Fill
E =	SPORT / SPRINT	Sulcus	Vinyl Top
F =	MARATHON / RACER	Sulcus	Vinyl Top
G=	WALKER Flex / GLIDE	Full	Spenco Top
H =	WALKER Firm	Full	Spenco Top
Accom	modative Orthotics:		
l =	SPORT CASUAL EVA /	Full	
	NICKELPLAST - 45D		
J =	SPORT CASUAL CORK	Full	
K =	SPORT CASUAL CORK	Mets	Low Bulk
L =	DIAB COMFORT EVA	Full	Leather Top
M =	DIAB COMFORT CORK	Full	
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This chart serves as a general overview for orthotic selection - special considerations should determine the final design.