## Contents

Making a Negative Cast

67

Foreword vii	
Preface viii	
Acknowledgments ix	
Chapter 1 Introduction to Orthotic Therapy 1	
Definition of Orthotic Devices 1	
Indications for Use of Orthotic Devices 2	
Parts of an Orthotic 4	
Summary 9	
Chapter 2 Relation of Foot Biomechanics to Lower B	vtremity Pathology 11
Pronation and Supination 11	activity ratiology 11
Effect on the Midtarsal Joint 14	
Causes of Abnormal Pronation and Supination 15	
Effects of Subtalar Pronation and Supination on the D	
	Millian Malana and assistant a
Lower Extremity Rotation and Its Effect on the Knee	10
Knee Injuries 20	in for individual patients (this test files word
Lower Leg Injuries 22	
Foot Injuries 23	
Summary 24	Interdigital Neuromas 118
References 24	
Chapter 3 Orthotic and Related Research 29	
Early Orthotic Recommendations 29	
Recent Literature 29	Chapter 10 Orthotic Systems 121
Summary 34	Orthofeet 121
References 34	
Chapter 4 Biomechanical Examination 37	
Clinical Examination 37	
Objective Examination 40	
Determining Neutral Subtalar Joint Position 41	
Forefoot Evaluation 48	
Examination of the First Ray 52	
Ankle Joint Dorsiflexion 52	
Weightbearing Measurements 54	
Gait Analysis 61	
Stages of Gait 61	
Shoe Wear Pattern 64	
Summary 65	
References 65	
Chapter 5 Casting and Molds 67	

VI Contents

72

Making a Positive Mold

Summary /4 References 74	
Chapter 6 Equipment and Materials 75	
Terminology 75 Materials 76 Choice of Material 79 Covers 80 Favinment 80	oreword vii eface viii knowledgments ix hapter 1 Introduction to Orthotic Therap Definition of Orthotic Devices 1 Indications for Use of Orthotic Devices
Chapter 7 In-Office Fabrication of Semirigid Ortho	Parts of an Orthodic Types of Orthodic Devices  85
General Fabrication Technique 85 Modifications for Specific Concerns 95 Summary 101 References 101	
Chapter 8 Rigid Orthotics 103	
Having a Laboratory Manufacture the Orthotic Manufacturing an Orthotic From a Positive Mold In Summary 106	Effect on the Midtarsal Joint 11 801
Chapter 9 Orthotics for Special Conditions 10	Effects on the Tibia 17 7
The Rheumatoid Foot 107 Turf Toe 112 Sesamoiditis 115 Metatarsalgia 115 Interdigital Neuromas 118 Plantar Fasciitis 118 Summary 119 References 119	Lower Extremity Rotation and Its Effect on Knee Injuries 20 Lower Leg Injuries 22 Foot Injuries 23 Summary 24 References 24 Tagter 3 Orthotic and Related Research Early Orthotic Recommendations 29
Chapter 10 Orthotic Systems 121	
Orthofeet 121 Foot Technology 124 Amfit 125 Summary 127	
Chapter 11 Practical Concerns of the Patient 1	Objective Examination. 40 <b>e2</b> Determining Neutral Subtalar Joint Position
Break-In 130 Patient Expectations 131 Longevity 131 Patient Questions 131 Problems and Solutions 132 Advice to Runners 132 Summary 135 References 135	
ndex 137 About the Authors 141	