Formthotics™
Custom Medical Orthotics

Product Catalogue
Formthotics™ are compatible with both biomechanical and neuromotor aspects of lower extremity function.

Formthotics™ will:

- Improve gait
- Enhance proprioception, stability and balance
- Optimize plantar pressure
- Activate stabilizing muscles
- Reduce tissue stress to treat and prevent injuries
Foot Science International originated with one innovative doctor, looking for a more effective way to treat patients with common foot problems. Dr Charlie Baycroft, a sports medicine specialist in New Zealand, found that many of his patients were forced to choose between a rigid, costly yet fully customized orthotic crafted by a podiatrist, and mass-produced insoles that have no adjustment to the individual foot.

In an attempt to resolve his patients’ pain in a thorough yet pragmatic way, Dr Baycroft decided to create an orthotic that could mold to the shape of each patient’s foot. He knew that by creating the closest possible contact between a patient’s foot and an orthotic, the foot would be given the natural support it needs.

Through exhaustive testing and trials, Dr Baycroft developed a heat moldable orthotic that would provide a custom fitted solution. More recently he designed 6 simple clinical tests for practitioners to assist in the prescription of the orthotic and 6 simple steps to personally fit the devices. The Formthotics™Medical System was born.

Since our humble origins in the 1970s, Foot Science International has developed several major brands which are distributed worldwide. With over thirty years of experience in treating foot conditions, supporting athletic performance and well-being through provision of custom-fitted orthotics, Foot Science International is trusted by medical professionals and patients around the world.
The Formthotics™ Medical System has been developed to help clinicians expand on the Podiatric Model of treatment. It adds sensory neuromotor concepts to the model to make a comprehensive clinical method for assessing lower limb function and improving it with a custom-fitted orthotic.

The Formthotics™ Medical System consists of:
- 6 simple clinical tests
- Heat moldable orthotic devices – Formthotics™
- 6 simple steps for fitting and adjusting Formthotics™

6 Clinical Tests
Using well known assessments – the subtalar motion, lower limb alignment, supination resistance, Jacks, balance, and forefoot stability tests – practitioners can thoroughly evaluate the requirements of the patient and gain an understanding of the task required of their specific Formthotics™.

Custom-fitted orthotics – Formthotics™
Formthotics™ are a total contact foot orthotic – achieved by thermoforming (heat-molding) the device and fitting it to the patient’s foot. They are made from Formax™, a high grade proprietary thermoformable Polyolefin ‘closed cell’ foam. With greater moldability than other foams, it will hold a molded shape longer, better and more accurately than other orthotic devices. As a total contact foot orthotic, Formthotics™ provide the best possible neuro-motor facilitation and biomechanical control.

Biomechanical control
Formthotics™ deliver on the mechanical theory by applying pressure to the sole of the foot, thereby altering the posture and movement of the subtalar and other joints. This changes the posture and mechanical function of higher structures in the body.

Neuro-motor facilitation
Recent scientific literature indicates that orthotics have significant effects on balance, stability and the EMG activity of various muscles. It is also stated that orthotics, and more so those that fit closely to the shape of the foot, alter the stimulation of various mechanoreceptor end organs and change the afferent input to the nervous system, as well as the efferent neural signals going to the various muscles.

Consequently, Formthotics™ have immediate reflex benefits and longer term positive effects on foot posture, balance and motor patterns.

6 Steps for fitting and adjusting
To complement the total foot contact created by Formax™ foam, Foot Science International have developed 6 simple steps for fitting Formthotics™. This includes the heating process, physical adjustment of the orthotic by grinding and shaping, functional posting, and in-shoe testing.

How Formthotics™ work
The Formthotics™ Medical System model is an application of Panjabi’s model of spinal stability that was published in 1992 and has altered the treatment of back pain. Panjabi proposed that dynamic stability was related to the interaction and function of 3 subsystems:
- The Passive Subsystem of the bones, ligaments and capsules
- The Active Subsystem of the muscles
- The Neural Subsystem of mechanoreceptors nerves, CNS and motor end plates that control the activity of the muscles

In addition to this we propose a new paradigm in which musculoskeletal pain stems from adverse effects of our modern environment and lifestyle. This is particularly true of the environment under the foot and modern footwear, which create an environment opposite to that of our genetic evolution.

This modern environment induces mechanical and neuro-motor adaptations in lower extremity function. These are stressful to tissues and will be revealed as “overuse” conditions if loading is increased or the natural resilience of the tissues is decreased by aging or injury.

Formthotics™ “naturalize” the interface between the body and the environment with beneficial effects on musculoskeletal function, health and enjoyment of life.

A key element in the success of this method is creating total contact foot orthoses. This can be done best by thermoforming Formthotics™. The Formax™ foam will hold a molded shape longer, better and more accurately than any compression molded Ethylene Vinyl Acetate (EVA).
Supporting Research

Research has proven Formthotics™ to be effective in reducing pain, treating and preventing injuries, and improving patient comfort. In many cases they have been found to be as good as, and in some cases better than, custom casted orthotics in the treatment of lower extremity dysfunction.

Larsen et. al 2002 found that customized Formthotics™ drastically decreased the incidence of back pain by 20%, and lower limb injury such as shin splints by over 10%, in military recruits.

Improving foot function and minimizing pain

Chia et.al. 2009 and Landorf et. al 2006 found Formthotics™ to be very successful in the treatment of plantar fasciitis. Formthotics™ decreased plantar peak forces significantly providing better relief of symptoms than both custom molded orthotics and competitor pre-fabricated products. Both these studies also found Formthotics™ improve general foot function and minimized pain, improving patient comfort.

Strengthening muscles and tendons

Formthotics™ also encourage “flat feet” to function more like that of a normal arched foot, in turn preventing injury through strengthening otherwise at risk muscles and tendons. This was confirmed by Murley et.al 2010 who compared activity of tibialis posterior and peroneus longus in those with flat feet, with Formthotics™ and custom casted devices. He found that tibialis posterior activity was significantly increased with the use of both types of orthotics, however only Formthotics™ showed improvement of peroneus longus.

In addition to these studies you can find more evidence of the effectiveness of Formthotics™ on our web site www.formthotics.com/orthotics/medical-professionals


Landorf K, Keenan AM, Herbert R. Effectiveness of Foot Orthoses to Treat Plantar Fasciitis A Randomized Trial. Arch Intern Med. 2006;166:1305-1310

Formthotics™ are custom orthotics made from a unique thermoplastic foam. This technology allows for Formthotics™ to be molded to precisely fit the foot for the most comfortable and effective fit possible. Not only is our thermoformable foam ideal for molding, but it is also waterproof so it won’t absorb bacteria or germs.

We use a range of foam densities and milled shapes to customise orthotics for different purposes and shoes. From high-impact sports shoe orthotics to cushioning inserts for arthritic patients, our technology can provide custom orthotics for every type of foot and shoe.

**Technologies**

**Thermoformable**

Formthotics™ are thermoformed (heat molded) at relatively low temperatures. They can be molded and re-molded for maximum control and comfort. Due to the 3D Milling and the unique attributes of the Formax™ foam, they retain their new shape (even after intense use and re-heating) to ensure lasting total support.

Thermoforming optimizes the performance of the Formthotic creating a close fit with the foot and the shoe. This provides greater biomechanical control, good functional support, immediate comfort and stabilization of the foot and lower limbs.

In comparison most other foam orthotics are compression molded Ethylene Vinyl Acetate foam (EVA). The heating and compression molding manufacturing process alters the EVA cell structure which prevents it from holding a new shape when fitted to a customer, and forces it to go back to the original manufactured shape.

**3D Milled**

Formthotics™ are 3D milled from a block of foam, not compressed or injection molded like many other foam orthotics. This means that Formthotics™ have the right amount of foam in the right places to provide the right anatomical support for the skeletal system of the foot.

Because Formthotics™ are 3D milled, the foam structure remains consistent and does not have heavily compressed thin areas associated with compression molded foam, and the foam still has the ability to be molded.

**Heel Cup**

The unique Formthotics heel cup is formed by milling the teardrop shape into the bottom surface of the foam Formthotic. Milling the shape on the underneath surface creates a smooth curved shape which provides 3D support around the calcaneus. This unique shape assists in fitting more accurately the foot and the shoe. The thermoformable attributes of the Formax™ Foam then allow the foot to create a perfect mold.

**Arch Support**

The teardrop shape on the plantar surface of your Formthotics™ has been milled into the foam. It runs under the heel and under the lateral border of the foot. Milling the material from the lateral edge builds support on the medial edge and provides longitudinal, lateral and transverse arch support, under the metatarsal heads.

**Antimicrobial**

Formthotics™ are antimicrobial – they inhibit the growth of micro-organisms such as bacteria and fungi. In addition to being hypoallergenic and waterproof they contain Ultrafresh™, an antimicrobial treatment applied during manufacturing. Ultrafresh™ actively discourages and destroys many of the bacteria and fungi that create foot odour and staining, keeping the orthotics cleaner and fresher. www.ultrafresh.com.
The unique Formthotics™ shape is achieved through our superior manufacturing process.

Formthotics™ are 3D milled from a block of foam, not compressed or injection molded like many other foam orthotics.

A teardrop shape is milled into the bottom surface of the foam providing 3D support around the calcaneus as well as longitudinal, lateral and transverse arch support under the metatarsal heads.

Shape variations have been developed to meet clinical and patient needs.

### Original

The original shape is the foundation of the Formthotics™ product range. Available in a range of foams, it provides the right anatomical support for the skeletal system of the foot. The deep heel cup provides 3D support around the calcaneus. The unique arch shape provides longitudinal, lateral and transverse arch support under the metatarsal heads.

### Low Profile

Made from Dual Formax™ foam, Low Profile has a low arch profile and a less contoured heel cup. The Low Profile shape is best suited to patients with an average arch who do not require specific arch support for abnormal pronation. Low profile provide cushioning and maximum control.

### Low Volume

Made from Single Formax™ foam, Low Volume has a less contoured heel cup and tapered toe shape for a better fit in close fitting shoes and boots.

### Widefit

Made from Dual Formax™ foam, Widefit is designed for wide feet or loose fitting work boots.

### Slimfit

Made from Dual Formax™ foam, Slimfit provides a slightly narrower shape in front of the arch, a squarer toe and a less contoured heel cup for some shoe types. The forefoot is perforated to keep the feet cool and dry.

### Comfort

Made from Single Firm and Hard Formax™ foam, Comfort are a slim, shorter fit with a less contoured heel cup for hard to fit shoes.

### ¾

Made from Dual Formax™ foam, the ¾ is a shorter version of the Original. It is ideal when full functional support is required but full length Formthotics™ won’t fit the shoes.
Product Selection – Foams

Formthotics™ are available in Formax™ and Shockstop foams.

There are a variety of densities (hardness) to meet clinical and patient requirements. Select the density based on the amount of support and control required – a harder product for more control, or a softer product for new orthotic wearers.

Formthotics™ also come in a variety of sizes to ensure the perfect fit.

**Formax™**

Formax™ Foam by Ultralon is made from a range of high grade proprietary thermoformable polyolefin “closed cell” foams specifically formulated for Formthotics™. The main foam is firmer, more resistant to heat, and will hold a molded shape longer, better and more accurately than an EVA. It is non-porous and flexible, lightweight, supportive, resistant to fungi and mold, and hypoallergenic. It is available in a variety of single and dual densities for a variety of control and comfort applications.

Formax™ Foam is made in New Zealand by Ultralon Products. Ultralon Products is recognized as a world leader in the manufacturing of high quality closed cell foam.

**Single Density**

**180 Single Hard**

High semi rigid support and control with flexibility. For high performance intensity and durability.

**160 Single Firm**

Firm, flexible and functional control for all foot and shoe types.

**140 Single Medium**

The original Formthotics™, firm flexible and functional support.

**90 Single Soft**

Mild functional support and excellent cushioning and comfort.

**75 X Soft**

Soft accommodating support and excellent cushioning and comfort.

**Dual Density**

The top layer is softer foam for cushioning; the bottom layer provides support and control. Dual Density are suitable for conditions where additional cushioning is required without compromising stability or functional control.

**60/180 Dual Hard**

Hard semi-rigid base and a softer top for control and functional support.

**60/140 Dual Medium**

Firm base and a softer top for excellent cushioning, comfort and functional support.

**Shock Stop**

ShockStop Foam by Ultralon is a totally unique and revolutionary hybrid EVA polymer foam. This foam has maximum shock absorption and cushioning, reducing impact on muscles, joints and tendons. The top layer deflects impact 100% more than other standard foams, while the Formax™ Firm base maintains control and stability.

ShockStop Foam is also made in New Zealand by Ultralon Products.
The effectiveness of Formthotics™ has been evidenced by many independent researchers. We strongly recommend that Formthotics™ should be heated and fitted by a medical practitioner using the Formthotics™ Medical System.

Formthotics™ Custom Medical Orthotics

Original Single Hard
Original Single Hard Formthotics™ are full length orthotics with hard Formax™ foam to provide solid control and stability in the original, trusted Formthotics™ shape. They are a standard fit providing proven arch support and a deep heel cup for rigid support in all shoe types. They are lightweight and durable enough to wear everyday.

Original Single Firm
One of our most popular models, Original Single Firm Formthotics™ are full length orthotics with firm Formax™ foam to provide control and stability in the original, trusted Formthotics™ shape. They are a standard fit providing proven arch support and a deep heel cup for firm support in all shoe types. The color will blend seamlessly into most business footwear and they are lightweight and durable enough to wear everyday.
Original Single Medium

Original Single Medium Formthotics™ are full length orthotics with medium Formax™ foam to provide a balance of cushioning and control in the original, trusted Formthotics™ shape. They are a standard fit providing proven arch support and a deep heel cup for firm, flexible and functional support in all shoe types.

Original Single Soft

Original Single Soft Formthotics™ emphasize supreme cushioning with mild functional support in the original, trusted Formthotics™ shape and are suitable for all shoes. They have excellent cushioning and flexibility, ideal for patients who are new to orthotics or who have found them uncomfortable in the past. Original Single Soft Formthotics™ are preferable to gel-based inserts as they provide proven arch support and a deep bowl heel cup to promote sound posture.

Original Single X Soft

Original Single Extra Soft Formthotics™ are the softest, most accommodative Formthotics™ available and are suitable for all shoes. They have extreme cushioning and flexibility, ideal for patients who are new to orthotics or who have found them uncomfortable in the past. Original Single Extra Soft Formthotics™ are preferable to gel-based inserts as they provide proven arch support and a deep bowl heel cup to promote sound posture.

Original Dual Hard

One of our most popular models, Original Dual Hard Formthotics™ are full length orthotics with maximum control. The Formax™ dual foam consists of a rigid base for maximum stability and control, with a softer top layer for cushioning and comfort. They are the original shape providing proven arch support and a deep heel cup for complete support in all shoe types.
Original Dual Medium

Original Dual Medium Formthotics™ are full length orthotics. The Formax™ dual foam consists of a medium hardness base with a softer top layer for cushioning and comfort without compromising stability or functional control. They are a standard fit providing proven arch support and a deep heel cup for firm, flexible and functional support. They are ideal in running shoes and for patients that play high impact sports.

Low Profile Dual Hard

Low Profile Dual Hard Formthotics™ are full length orthotics designed with a low arch profile. The Low Profile shape is best suited to patients with an average arch who do not require specific arch support for abnormal pronation. Especially good for studded footwear, the dual Formax™ foam cushions and protects the feet from stud pressure while maintaining control for performance.

Low Profile Dual Medium

Low Profile Dual Medium Formthotics™ are full length orthotics designed with a low arch profile. The Low Profile shape is best suited to patients with an average arch who do not require specific arch support for abnormal pronation. The medium Formax™ dual foam consists of a medium hardness base with a softer top layer for cushioning and comfort without compromising stability or functional control.

Slim Fit Dual Medium (perforated)

Slim Fit Medium Formthotics™ are a full length, slim fit, dual foam for cushioning and control. The base is medium Formax™ foam for control and the top is softer Formax™ for cushioning and comfort.

The Slim Fit Dual Medium forefoot is perforated for breathability, as improved airflow helps to keep the feet cool and dry. The unique shape helps to achieve a perfect fit into slim fit sports shoes.
Low Volume Single Medium (perforated)
Low Volume Single Medium Formthotics™ are full length orthotics with a tapered toe shape for a better fit in close-fitting sports shoes and boots. The Low Volume shape is best suited to patients who do not require specific arch support for abnormal pronation. The Low Volume Single Medium has a perforated forefoot for breathability, as improved airflow helps to keep the feet cool and dry.

Low Volume Single Firm
Low Volume Single Firm Formthotics™ are full length orthotics with a tapered toe shape for a better fit in close-fitting business shoes. The Low Volume shape is best suited to patients with an average arch who do not require specific arch support for abnormal pronation. Firm Formax™ provides control and durability for everyday wear. The black color will blend seamlessly into most business footwear.

Wide-fit Dual Medium
Wide-fit Dual Medium Formthotics™ help to accommodate wider feet or loose fitting work boots. The base is firm Formax™ foam for control and the top is soft Formax™ for cushioning and comfort. They are ideal for patients that spend a lot of time standing on hard surfaces.

Original ShockStop
ShockStop Formthotics™ are specially designed for patients who are elderly or have diabetes, arthritis, or other foot sensitivities. The unique ShockStop foam features maximum shock absorption and cushioning on the top layer, deflecting impact up to 100% more than other standard foams, and a firm black base provides control and stability.

ShockStop Formthotics™ protect and cushion the feet like no other.
The ¾ Formthotics™ are designed for hard to fit shoes.
Formax™ dual foam provides control and comfort.
The base is medium hardness Formax™ foam for control
and the top is softer Formax™ foam for cushioning and comfort.
The ¾ is ideal for narrow or pointed toe shoes
for both men and woman. It’s the perfect option when
full length Formthotics™ don’t fit.

Comfort Single Hard

Comfort Single Hard Formthotics™ are a slim, shorter
fit for narrow dress and business shoes that don’t have
room in the toe for a full-sized Formthotic™, or the
bulk in the heel for a dual foam model. Yet they support
the heel and arch to maintain optimum foot and leg
positioning, and there is plenty of room to modify with
Additions according to the patient’s condition. Hard
Formax™ offers serious motion control; it is our most
rigid foam and highly durable for everyday wear.

Junior Formthotics™

Junior Formthotics™ are suitable for careful
management of conditions displayed in children such as
the hypermobile flat foot or excessive pronation.
They are designed to flex with the child’s feet to
promote normal range of motion while maintaining
good structural integrity of the foot.

Junior Formthotics™ feature a medial heel wedge to
manage rearfoot pronation, a deep heel cup providing
additional rearfoot stability and a wide medial flange
to support the whole foot and redistribute weight
evenly. Junior Formthotics™ help the child’s foot
assume its natural posture inside the shoe, enhancing
the development of the musculoskeletal system.

They are available in 4 sizes for ages
from approx. 3–9 years.

Comfort Single Medium

Comfort Single Medium Formthotics™ are a slim, shorter
fit for narrow dress and business shoes which don’t have
room in the toe for a full-sized Formthotic™, or the bulk
in the heel for a dual foam model. Yet they support the
heel and arch to maintain optimum foot and leg
positioning, and there is plenty of room to modify with
Additions according to the patient’s condition. The
Comfort Single Medium’s dark color will blend seamless-
ly into most business footwear, and they are lightweight
and durable enough to wear everyday.
Express Ready Fit Orthotic Insoles

Express Orthotics are designed in New Zealand. They are prefabricated, heat-compression molded EVA device based on the proven Formthotics™ shape with a supportive heel cup and arch support.

Product Features:

- Designed by the makers of Formthotics™
- Ready-fit medical orthotics for the treatment of lower limb injuries
- Easy to use and easy to adjust with forefoot and rearfoot wedges
- Supportive arch profile improves alignment and increases stability and balance
- Cushioned heel cup reduces shock and rearfoot pronation
- Forefoot cushioning under the 1st Met Head reduces shock during propulsion

Express Red – Full Length

For excellent biomechanical control and high performance intensity.
Provides added durability for patients > 90kg.

Express Blue – ¾

Designed for hard to fit shoes.

Express Blue – Full Length

For comfort and improved biomechanical function.
The moderate blue EVA foam provides a comfortable option for first time orthotics users.

Express Red – ¾

Increase control and comfort in hard to fit shoes.

Express™ Modification

The Express self-adhesive wedges are included with each pair of Express Ready Fit Orthotic Insoles.

These preformed self-adhesive wedges provide more control and assist in correcting most forefoot and rearfoot deformities.

They are designed to fit precisely to the medial heel and the medial and lateral forefoot area. There are guidelines on the base of the orthotics for quick and easy placement.

Express Rearfoot Wedges – for more rearfoot control. Use the guideline on the orthotics for easy placement.

Forefoot Medial Wedges – for more medial forefoot control. Replace the poron cushion with an Express Forefoot Wedge.

Lateral Forefoot Wedges – for more lateral forefoot control. Use the guideline on the orthotics for easy placement.
Formthotics™ Orthotic Additions

Our comprehensive range of orthotic additions are designed to assist in the treatment of forefoot and rearfoot deformities.

They come as 5 pair packs and are available in Small, Medium and Large sizes.

**Heel Raises**
- Place under the heel area of the orthotics as a temporary measure only
- Reduce strain on the Achilles tendon and calf muscle
- Relieve posterior leg pain
- Available in two heights – low is approx 4mm thick and high is approx 6mm thick when measured at the centre of the heel
- Available in plain or self-adhesive

**Rearfoot Wedges**
- Attached to the back plantar surface of the Formthotics™
- Used to increase support and gain greater control through the rearfoot
- Six degree angle to suit most cases
- Available in medium and firm density foams
- Available in plain or self-adhesive

**Extended Wedges**
- An all-purpose orthotic addition suitable for both rearfoot and forefoot modifications
- Can be cut and used for both forefoot and rearfoot control.
- Available in medium and firm density foams
- Available in plain or self-adhesive

**Arch Pads**
- Place under the arch of the Formthotics™ for heavy pronators
- Used for injuries surrounding the medial side of the foot
- Increases control and off loads any injuries
- Available in plain or self-adhesive

**Metatarsal Domes**
- Place on top of the Formthotics™
- Designed to lift the transverse arch and spread the metatarsals
- Help relieve the symptoms neuromas, bursitis, clawed digits
- Available in medium and firm density foams
- Self-adhesive only
**Formthotics™ Medical System – 6 Tests, 6 Steps**

The Formthotics™ Medical System consists of:

- 6 simple clinical tests
- Heat moldable devices – Formthotics™
- 6 simple steps for fitting and adjusting the devices

## 6 Tests

1. **The subtalar motion test**
   Relates to the general principles of joint function.
   This is the manual assessment of the joint motion and the mobilization of any restrictions by manual therapy. The Formthotics™ should not restrict the physiological motion of the joints of the foot.

2. **The alignment test**
   Relates to Root Biomechanics.
   Biomechanical principals are used to assess the skeletal alignment. The Formthotics™ should improve the alignment of the musculoskeletal system.

3. **The supination resistance tests**
   Relates to the subtalar joint axis.
   The examiner manually supinates the foot and grades the force required from 1-5. Formthotics™ reduce this force and decrease the loading on muscles and associated structures.

## 6 Steps

1. **Fitting**
   The Formthotics™ are custom formed to the shape of the sole of the neutral foot to create a total contact foot orthoses.
   This is done by thermoforming (heat molding) the Formthotics™ to the foot and in the footwear. Neutral Subtalar position is approximated by having the centre of the patella aligned over the second toe. Total contact orthoses provide neuro motor facilitation and mechanical control.

2. **Break-in Period**
   The effect of a therapy is related to the adaptation of the patient’s body to the therapy. The patient uses the Formthotics™ in their shoes for 3 to 7 days. During this time the patient’s body adapts to the devices. The devices are slightly deformed, in accordance with the patterns of activity of the patient, to adapt to the patient’s dynamics. This break-in period is important and should not be omitted.

3. **Rearfoot Adjustment**
   The rearfoot is adjusted by functional posting.
   Wedges are used as a means of applying a force to the rearfoot (as in using a wedge to split a log of wood). The 6 Tests™ are repeated as a wedge is inserted to various depths under the medial and/or lateral aspects of the rearfoot portion of the Formthotics™.
   Commonly, a medial or varus wedge will yield the most improvement in alignment, balance and supination resistance. The improvement in function should be verified by the patient.
Forefoot Adjustment
The forefoot is adjusted by functional posting.
Wedges are used as a means of applying a force to the forefoot. The depth of insertion and angle of the wedge determine the force that is applied. The 6 Tests are repeated as a wedge is inserted to various depths under the medial or lateral forefoot of the Formthotics™ (generally just proximal to the MTP joints). Commonly, a lateral (or forefoot valgus) post will yield the most improvement in Jacks Test and the Forefoot Stability Test. The improvement of function should be verified by the patient.

In-shoe testing
The functional effects of the Formthotics™ should be assessed with the patient wearing them in the shoes.
The technology and structural characteristics of footwear effect foot and leg function. The functional effects should be assessed with the patient wearing them in the shoes. Orthotic therapy may fail if there is conflict between the design of the devices and the structure of the shoe. The Supination Resistance Test and Jack’s Test may be difficult to perform with the shoes on but the other tests can be done. Changing shoes can alter the functional effect of the devices.

On-going adjustment
The Formthotics™ should be checked and modified at 3 to 6 month intervals.
The patient’s adaptation and functional response to orthotics varies over time and is affected by other therapies employed. The Formthotics™ should be checked and modified at 3 to 6 month intervals. Modifications include the addition or reduction of wedges and also sometimes reforming the device. The end point of therapy occurs when the patient is able to perform his/her desired daily activities without pain or unacceptable restrictions of mobility.
The Formthotics™ Thermoformer

The Thermoformer has been designed to create total foot contact orthoses. Formthotics™ must be heated to the correct temperature to ensure the heat penetrates into the foam material. With just a 3 minute cycle the Thermoformer is safe, quick and easy to use and it provides maximum results.

Size Charts

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<td>23–24</td>
<td>24.5–25.5</td>
<td>26–27</td>
<td>27.5–28.5</td>
<td>29–30</td>
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<tr>
<th>Junior Formthotics™</th>
<th>J1</th>
<th>J2</th>
<th>J3</th>
<th>J4</th>
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<tr>
<td>UK</td>
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<td>10–11.5</td>
<td>12–13.5</td>
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<td>Euro</td>
<td>25–27.5</td>
<td>28–29.5</td>
<td>30–32.5</td>
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<td>US</td>
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<td>13–1.5</td>
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<td>Foot length (cm)</td>
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<td>17–18</td>
<td>18.5–19.5</td>
<td>20–21</td>
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<tr>
<td>Approx age (girls)</td>
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<td>4.5–5.5</td>
<td>6–7.5</td>
<td>8–9</td>
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<tr>
<td>Approx age (boys)</td>
<td>3–3.5</td>
<td>4–5</td>
<td>5.5–7</td>
<td>7.5–8</td>
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</tbody>
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More Information

More information about fitting and using Formthotics™ for specific injuries can be found on our web site www.formthotics.com.

Check the case studies section and the blog for interesting articles. Make sure you subscribe to the RSS feed to get regular updates.

More information about the 6 Tests for assessment and the 6 Steps for fitting is also available on the website.

 Guarantee

Formthotics™ have a 30 day unconditional full money back guarantee. If for any reason you are not completely satisfied with any of our products please contact us immediately.