



SEVERE PES CAVUS

A




GAIT
Propels forcefully from 1st Metatarsal


- Poor Shock Attenuation
- Excessive Supination
- Narrow or Cross Over Gait




LARGE EXTERNAL TIBIAL/FIBULAR ROTATION



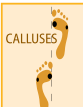
CAVUS / HIGH ARCH




LARGELY INVERTED HEEL ALIGNMENT



VALGUS FOREFOOT ALIGNMENT



CALLUSES



FOOT PROGRESSION ANGLE

B

KEY ORTHOTIC FEATURES

- Lateral Forefoot Posting
- 1st MTH Cut-Out
- Deep Lateral Heel Cup
- Equinus Correction

POSSIBLE CLINICAL SYMPTOMS

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Metatarsal Base Pressure
- Lower Back Pain
- Sesamoiditis, HAV, Hammer Toes
- Knee Recurvatum

KEY ORTHOTIC FEATURES

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive

MILD PES PLANUS

B



GAIT
Toe In Gait

- Pronates through Mid-Stance
- Re-supinates in Propulsion
- Propels off 1st and 2nd MTH's



MILD-MODERATE INTERNAL TIBIAL/FIBULAR ROTATION



LOW-MEDIUM ARCH



MILDLY INVERTED HEEL ALIGNMENT



VALGUS FOREFOOT ALIGNMENT



CALLUSES



FOOT PROGRESSION ANGLE

B

POSSIBLE CLINICAL SYMPTOMS

- Neuromas
- Sesamoiditis
- May occur with leg length discrepancies
- 1st Ray Hypermobility
- Sacro-iliac Pain
- Often Unilateral*

*Contact us for more information on our mis-match program.

KEY ORTHOTIC FEATURES

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive

NEUTRAL FOOT

C



GAIT
Toe Out Gait

- Poor Shock Attenuation
- Restricted STJ Pronation
- Propels off Medial Hallux



NORMAL EXTERNAL TIBIAL/FIBULAR ROTATION



MEDIUM ARCH



MODERATELY INVERTED HEEL ALIGNMENT



NORMAL FOREFOOT ALIGNMENT



CALLUSES



FOOT PROGRESSION ANGLE

D

KEY ORTHOTIC FEATURES

- Neutral RF Posting
- Medium Arch
- Standard Depth
- Great for Hip & Back Pain!*

POSSIBLE CLINICAL SYMPTOMS

- Retrocalcaneal Bursitis
- Lateral Hip Pain
- Haglund's Deformity
- Lower Back Pain
- Iliotibial Band Syndrome
- Pinch Callus Medial Hallux

KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial Flare

MODERATE PES PLANUS

D



GAIT
Propels off 2nd and 3rd Metatarsal (due to Transverse Metatarsal Arch Reversal)

- Neutral Toe Out
- Pronation through Midstance
- Midtarsal Joint Instability



MODERATE INTERNAL TIBIAL/FIBULAR ROTATION



LOW ARCH



VERTICAL HEEL ALIGNMENT



NEUTRAL FOREFOOT ALIGNMENT



CALLUSES



FOOT PROGRESSION ANGLE

D

POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Syndrome
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial Flare

ABDUCTOVARUS FOREFOOT

E



GAIT
Medial Heel Whip

- Narrow Heel Base Gait
- Restricted Subtalar Pronation
- Pivots at 5th MTH in Propulsion



MILD INTERNAL TIBIAL/FIBULAR ROTATION



MEDIUM-LOW ARCH



ABDUCTED FOREFOOT



MILDLY INVERTED HEEL ALIGNMENT



VARUS FOREFOOT ALIGNMENT



CALLUSES



FOOT PROGRESSION ANGLE

F

KEY ORTHOTIC FEATURES

- Medial RF & FF Posting
- 5th MTH Cut-Out
- 1st MTH Relief
- Mild Medial Flare

POSSIBLE CLINICAL SYMPTOMS

- Shin Splints
- Plantar Fasciitis
- Taylor's Bunionette
- Cuboid Syndrome
- Medial Knee Pain
- Forefoot Equinus

KEY ORTHOTIC FEATURES

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to ↑ Peroneal Function
- Ideal for PTTD!*

SEVERE PES PLANOVALGUS

F



GAIT
Lateral Column Instability

- Pronates through Propulsion
- Severe MTJ Instability
- Propels from Central MTH's



LARGE INTERNAL TIBIAL/FIBULAR ROTATION



FLAT ARCH



LARGE TOE SIGN



EVERTED HEEL ALIGNMENT



VARUS FOREFOOT ALIGNMENT



CALLUSES



FOOT PROGRESSION ANGLE

F

POSSIBLE CLINICAL SYMPTOMS

- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Patellofemoral Pain Syndrome
- Subfibular Impingement
- Hallux Limitus
- Splayfoot

KEY ORTHOTIC FEATURES

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to ↑ Peroneal Function
- Ideal for PTTD!*