

# BIOMECHANICAL SOLUTIONS

Diagnosis	Heel Cup	Width	Medial Arch Height	Heel Skive	Rearfoot Post	Forefoot Post	Heel Lift	Length	Modifications
Achilles Tendinitis	14 mm	Medium	Lower 1/8	4 mm	0/0	Intrinsic	1/8	Mets	
Calcaneal Apophysitis	18 mm	Wide	Tight to Cast		0/0	Intrinsic	1/8	Mets	Memocell heel pad
Hallux Limitus / HAV	12 mm	Wide	Tight to Cast	4 mm	4/4	Intrinsic		Toes	1st Ray cut out, rev. Morton's ext. or Zotch Notch™, 1st Met cut out
Intoeing Gait (Gait plate)	14 mm	Wide	Lower 1/8		0/0	Intrinsic		Mets	Gait ext. cause toe out
Lateral Ankle Instability / Peroneal Tendinitis	14 mm	Wide	Lower 1/8		0/0	3° Valgus corner post		Mets	Lateral flange
Metatarsalgia	14 mm	Wide	Tight to Cast		4/4	Intrinsic		Toes	Metatarsal pad
Neuroma	12 mm	Medium	Tight to Cast		4/4	Intrinsic		Toes	Neuroma pad (3rd interspace) short 1st mpj add Morton's ext.
Pediatric Flatfoot	18 mm	Wide	Tight to Cast	4 mm	4/4	Intrinsic		Mets	Medial flange
Pes Cavus / Rigid Forefoot	12 mm	Wide	Lower 1/8		0/0	3° Valgus corner post	1/8	Toes	Metatarsal Pad
Fasciitis / Everted Rearfoot	18 mm	Medium	Tight to Cast	4 mm	4/4	Intrinsic		Mets	
Fasciitis / Forefoot Valgus	12 mm	Medium	Lower 1/8		0/0	3° Valgus corner post		Toes	1st Met cut out
Posterior Tibialis Dysfunction	18 mm	Wide	Lower 1/8	4 mm	4/4	4° Varus corner post		Mets	Medial flange
Sesamoiditis	12 mm	Wide	Tight to Cast		4/4	Intrinsic		Toes	1st Met cut out, rev. Morton's ext.
Sinus Tarsi Syndrome	18 mm	Medium	Tight to Cast	4 mm	4/4	Intrinsic		Mets	
Tarsal Tunnel Syndrome	18 mm	Medium	Tight to Cast	4 mm	2/2	Intrinsic	1/8	Mets	

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