THERMOFORMING GUIDELINE
XTERN FOOT DROP ORTHOTIC KIT

USE CONVENTIONAL ORTHOTICS THERMOFORMING METHODS.

WE RECOMMEND TO USE PROPANE BLOWTORCH.

WAVE THE FLAME QUICKLY AND NEVER HEAT THE SAME SPOT MORE THAN A FRACTION OF SECOND. THE PLASTIC IS READY WHEN YOU FEEL IT BENDS MORE EASILY.

HOLD THE PLASTIC AT A LOT MORE AMPLIFIED POSITION THAN THE FINAL DESIRED POSITION. PLASTIC WILL RETURN CLOSE TO ITS INITIAL POSITION WHEN RELEASED AT AMBIENT TEMPERATURE.

YOU CAN USE YOUR HANDS, VELCRO STRAPS, WOOD BLOCK OR ANY OBJECTS TO HELP YOU KEEP THE BRACE IN CORRECTED POSITION DURING COOLING TIME.

BEFORE RELEASING, COOL THE PLASTIC 5 MINUTES UNDER WATER OR 20 MINUTES AT AMBIENT AIR TEMPERATURE.

USE GLOVES AND ALL OTHER PROTECTION REQUIRED BY YOUR HEALTH & SAFETY WORK POLICY.

HEAT SIMULTANEOUSLY ALL AROUND +/- 60 sec.

STRETCH WIDER
COMPRESS NARROWER

HEEL SUPPORT WIDTH ADJUSTEMENT
WIDER OR NARROWER
(SOLE FRICTION GRIP IMPROVEMENT)

USE YOUR HANDS OR ANY LARGE OBJECTS, TO MAINTAIN IN WIDER POSITION DURING COOLING (WIDE END OF SHOE SOLE, WOOD BLOCK, LARGE BOTTLE, BIG BOOT ETC...)

MAINTAIN IN POSITION FOR A FEW MINUTES.

HOLD AT MORE AMPLIFIED POSITION TO ACHIEVE FINAL POSITION.
PLASTIC WILL RETURN SLIGHTLY TO ITS ORIGINAL SHAPE WHEN RELEASED & GETS BACK AT AMBIENT TEMPERATURE

MAINTAIN IN POSITION FOR A FEW MINUTES.

YOU CAN USE YOUR HANDS OR ANY STRAP TO MAINTAIN IN NARROWER POSITION DURING COOLING. (VELCRO STRAPS, ELASTIC TIE DOWN ETC...)

BEFORE RELEASING, COOL PLASTIC 5 MINUTES UNDER WATER OR 20 MINUTES AT AMBIENT AIR TEMPERATURE.

P. 1
2. **BRACE WIDTH ADJUSTMENT - WIDER OR NARROWER**

(FOR BETTER COSMETIC LOOK)

**HEAT SIMULTANEOUSLY ALL AROUND +/- 60 sec.**

YOU CAN USE YOUR HANDS, VELCRO STRAPS, WOOD BLOCK OR ANY OBJECTS TO HELP YOU MAINTAIN THE BRACE IN CORRECTED POSITION DURING COOLING TIME.

STRETCH WIDER

COMPRESS NARROWER

**STRETCH WIDER**

**HOLD AT MORE AMPLIFIED POSITION TO ACHIEVE FINAL POSITION.**

PLASTIC WILL RETURN SLIGHTLY TO ITS ORIGINAL SHAPE WHEN RELEASED & GETS BACK AT AMBIENT TEMPERATURE

BEFORE RELEASING, COOL PLASTIC 5 MINUTES UNDER WATER OR 20 MINUTES AT AMBIENT AIR TEMPERATURE

**STRETCH WIDER**

3. **DORSIFLEXION ADJUSTMENT - DECREASE or INCREASE**

(MODIFY SPRING LOAD OF BRACE)

* WE RECOMMEND THERMOFORMING DORSIFLEXION INCREASE ONLY FOR OLD FATIGUED BRACES THAT NEED TO BE REJUVENATE.

NOT FOR BRAND NEW ORTHOTICS.

* TO INCREASE DORSIFLEXION ON BRAND NEW ORTHOTICS, USE THE EXTENSION STOPPER KIT (500200-EXT-ML, 500200-EXT-S)

**HEAT SIMULTANEOUSLY ALL AROUND +/- 60 sec.**

**HOLD AT MORE AMPLIFIED POSITION TO ACHIEVE FINAL POSITION.**

PLASTIC WILL RETURN SLIGHTLY TO ITS ORIGINAL SHAPE WHEN RELEASED & GETS BACK AT AMBIENT TEMPERATURE

BEFORE RELEASING, COOL PLASTIC 5 MINUTES UNDER WATER OR 20 MINUTES AT AMBIENT AIR TEMPERATURE

**DECREASE**

**INCREASE**

DO NOT THERMOFORM THE STRUT LOWER THAN ORIGINAL POSITION. IT WILL MAKE IT VERY DIFFICULT TO DON FOR PATIENT.

IT WILL INCREASE DORSIFLEXION ON BRAND NEW ORTHOTICS.

USE THE EXTENSION STOPPER KIT (500200-EXT-ML, 500200-EXT-S)
THERMOFORMING GUIDELINE
XTERN FOOT DROP ORTHOTIC (AFO)

4

**BRACE CENTERING**
HEEL SUPPORT INWARD – OUTWARD
(CORRECTION FOR LATERAL FOOT CONTACT
PRONATION/SUPINATION)

HEAT SIMULTANEOUSLY
ALL AROUND +/- 60 sec.

HOLD AT MORE AMPLIFIED
POSITION TO ACHIEVE
FINAL POSITION.

PLASTIC WILL RETURN SLIGHTLY TO ITS ORIGINAL SHAPE
WHEN RELEASED & GETS BACK AT AMBIENT TEMPERATURE

BEFORE RELEASING, COOL PLASTIC
5 MINUTES UNDER WATER OR
20 MINUTES AT AMBIENT AIR TEMPERATURE

OUTWARD

MAINTAIN IN POSITION FOR A
FEW MINUTES.

INWARD

5

**CALF SUPPORT WIDTH ADJUSTMENT**
(CALF DIAMETER)

HEAT SIMULTANEOUSLY
BOTH FACES +/- 10sec

WIDER

ORIGINAL WIDTH

NARROWER

6

**BRACE « TWIST »**
CORRECTION FOR LACE CLIP PRESSURE ON BIG TOE
(INCREASE BIG TOE CLEARANCE)

HEAT SIMULTANEOUSLY
ALL AROUND +/- 40 sec.

LIFT UP (BIG TOE)

PULL DOWN

BEFORE RELEASING, COOL PLASTIC
5 MINUTES UNDER WATER OR
20 MINUTES AT AMBIENT AIR TEMPERATURE

HOLD AT MORE AMPLIFIED POSITION
TO ACHIEVE FINAL POSITION.

PLASTIC WILL RETURN SLIGHTLY TO ITS ORIGINAL SHAPE WHEN
RELEASED & GETS BACK AT AMBIENT TEMPERATURE

MAINTAIN IN POSITION FOR A FEW MINUTES.