

## Practitioner Fitting Instructions

1. Sit facing the patient so that the hip and knee are flexed at about 90 degrees and the foot is positioned on the floor or on your knee. Apply a medium thickness sock without excessive embroidery or trim to the foot and leg, smoothing out all wrinkles. A sock made of blended fibers or wicking material is preferred to an all cotton sock. Gently bend the ankle and align the foot as close as possible to the alignment of the orthosis.



2. Position the orthosis behind the patient's leg while you spread open the plastic midfoot flaps.



3. Pull the opened orthosis forward as you position the patient's heel into the heel cup. Press the patient's knee down and move the plastic up and down until the heel is firmly seated into the heel cup. The plastic midfoot flaps will close comfortably around the foot when the heel is in the correct position.



4. Peel open one side of the midfoot flap and slide one edge of the instep pad beneath the plastic. Peel open the other midfoot flap and slide the rest of the instep pad beneath the plastic on that side.



5. Press down on the instep pad and knee to align and settle the foot and ankle inside the orthosis.



6. Gently slide the foot back into the heel cup.



# TC Flex Practitioner Fitting Instructions (continued)

## Positioning The Toe Rise Pad

1. Apply the orthosis over a medium weight sock with the heel well-seated in the heel cup, instep pad in place, and straps secured.



2. Slide the toe rise pad under the patient's toes without removing the paper to expose the adhesive. The toe rise pad should be positioned so that the edge of the toe rise pad is just in front of the metatarsal heads with a couple millimeters extra space for growth. If the toe rise pad is placed too close to the metatarsal heads, it will cause discomfort in stance. If the toe rise pad is too far away from the metatarsal heads, the toes will not get adequate support, and may flex and/or claw for stability.



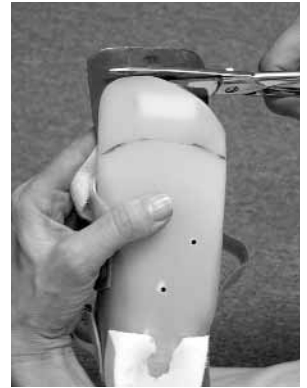
3. Lift the toes to determine the proper positioning of the toe rise pad. If the plastic is transparent, hold the toe pad in place while you carefully lift the foot until you can clearly see the outline of the toe pad under the orthosis. Using a marker, outline the toe rise pad position on the bottom of the orthosis. If the plastic or soling material prevents visual positioning of the toe pad, lightly outline the pad placement on the inside of the orthosis.



4. After removing the orthosis from the patient's foot, remove the paper from the back of the toe rise pad. Position the toe rise pad by aligning the edge of the pad closest to the metatarsal heads with the outline marked on the bottom of the orthosis. Lift and position the edge of the pad until it is in the correct alignment position. Press the remaining portion of the pad into place.



5. The toe rise and plastic may need to be trimmed to the correct length, and this is done after assessing the patient in a weight-bearing or partial weight-bearing position. Allow extra room for growth, then mark the proper length of the toe rise pad and/or foot plate. Remove the orthosis and trim to the correct length using strong scissors and file or a router to trim and finish the edges.



6. If the orthosis has a toe loop attachment, loosen the sock between the first and second toes. Place the toe strap between the toes and attach to the Velcro® tab on the medial side of the forefoot flap.



## Finding The Right Shoes

Shoes should be worn over the orthosis unless the patient is in therapy. It is advisable to remove the insoles and spread the laces open before applying the orthosis. Shoes that have laces beginning closer to the toe typically open up more to accommodate the orthosis. For children, the cartoon character shoes at some of the less expensive shoe stores may be deep enough to accommodate the orthoses. Stride Rite, K-Swiss, and New Balance shoes are available at some retail stores, and "Keeping Pace" has an extra depth shoe available to parents at 888-526-0020 or [keepingpace.com](http://keepingpace.com). Markell TM-2000 shoes and Answer2 shoes are available to orthotists from SPS (800.767.7776) and have extra space to accommodate the orthosis. Adult footwear manufacturers like New Balance and Rockport carry athletic and professional shoes with removable insoles. When purchasing shoes from retail stores it may be necessary to buy shoes a size or two larger to accommodate the orthosis. If the orthosis is worn on only one side it may be necessary to buy two pairs of the same shoe in different sizes.

