

# Foot Orthosis

## Chapter 9

## Casting Procedure

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# Introduction

*Casting is the way to obtain an accurate alignment and shape of the foot.*

We have to collect all patient's information

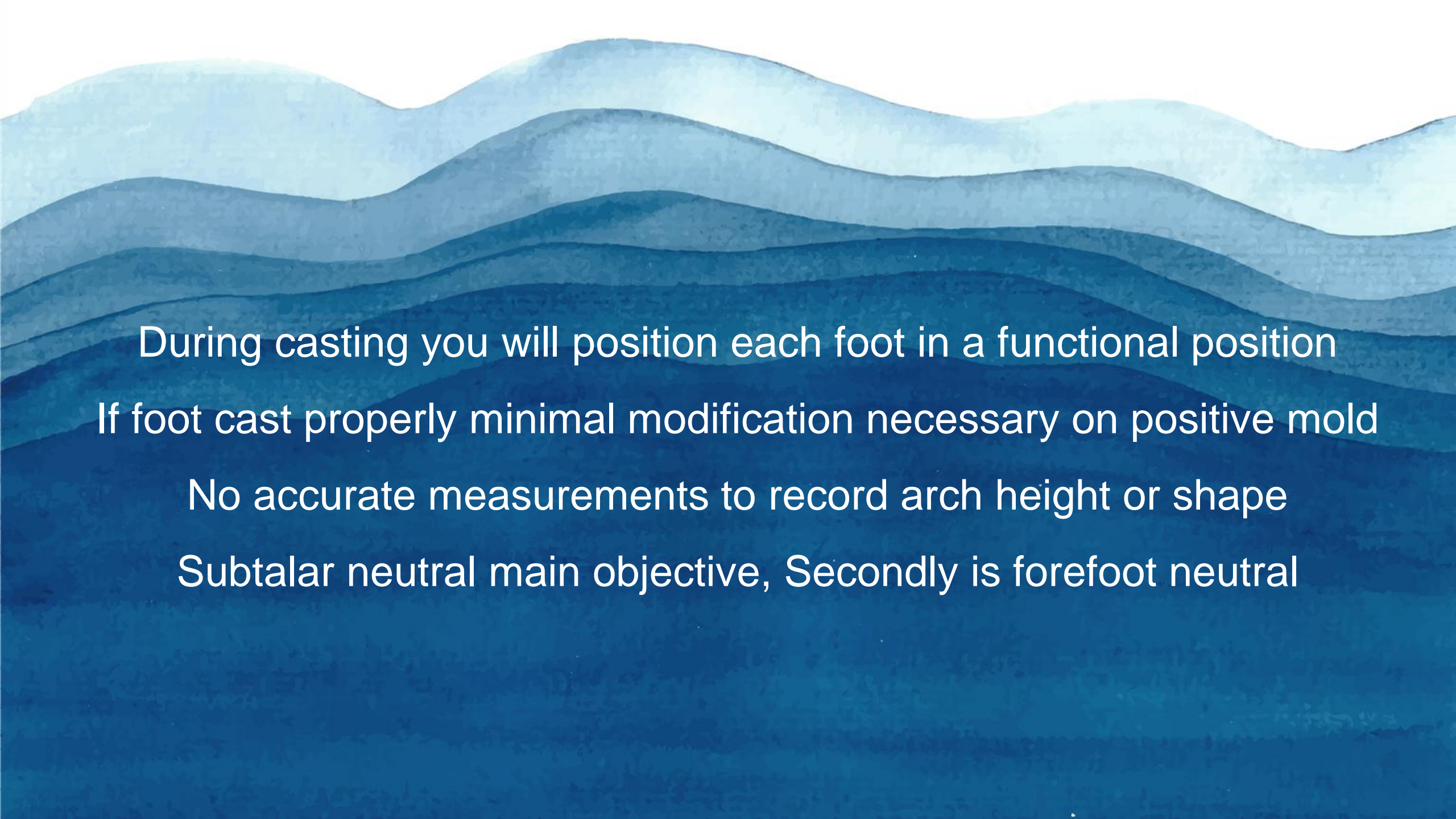
Make decisions on orthotic management

Various options discuss with patient, choices include:

An orthosis/design

Refer for medical/paramedical treatment

Not do anything



During casting you will position each foot in a functional position  
If foot cast properly minimal modification necessary on positive mold  
No accurate measurements to record arch height or shape  
Subtalar neutral main objective, Secondly is forefoot neutral



## Casting Technique



**Subtalar Joint Neutral**

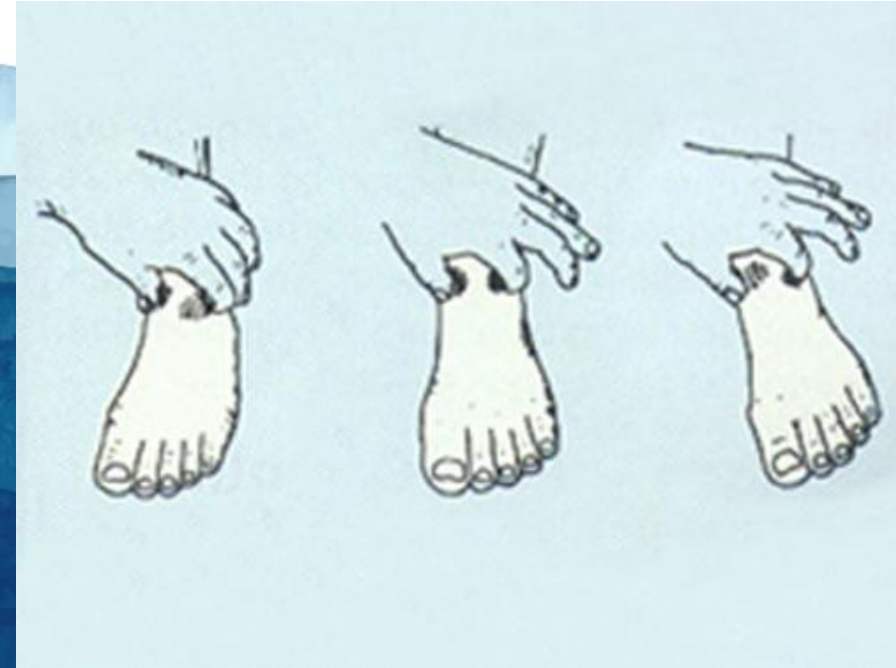
**Do landmarks**

**Take a cast**

*There are different casting techniques*

## Subtalar Joint Neutral

- Position talus head is palpable neither medially and laterally
- Foot is pronated and talus head is felt with the thumb
- Talus head is located just below the middle of medial malleolus and navicular tuberosity



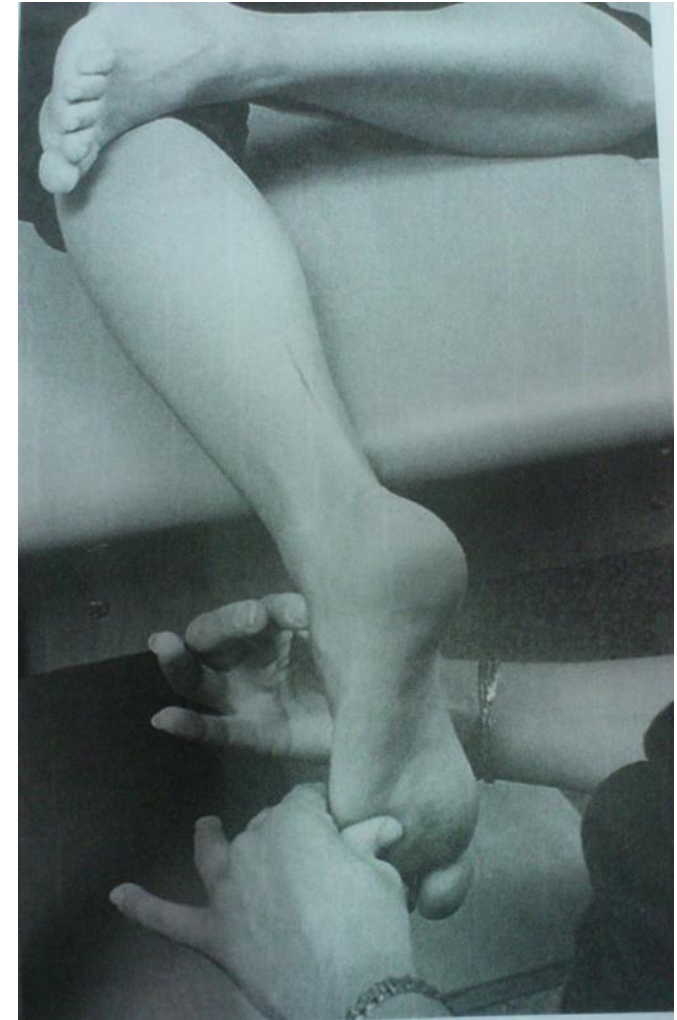


## Subtalar Joint Neutral

- find the head of the talus on the lateral side
- Supinate the foot and it should protrude laterally
- Just off center line of the leg and just below ankle joint

Hold the 4<sup>th</sup> and 5<sup>th</sup> to move the foot into adduction and inversion (supination) and abduction and eversion (pronation)

STN is the point where the head of talus is equally prominent or cannot feel neither medially nor laterally



If cavus foot (high arch) type, talus head may protrude excessively  
lateral side not palpable medially  
Pes planus (flat-foot), talus head may protrude excessively medially and not palpable laterally

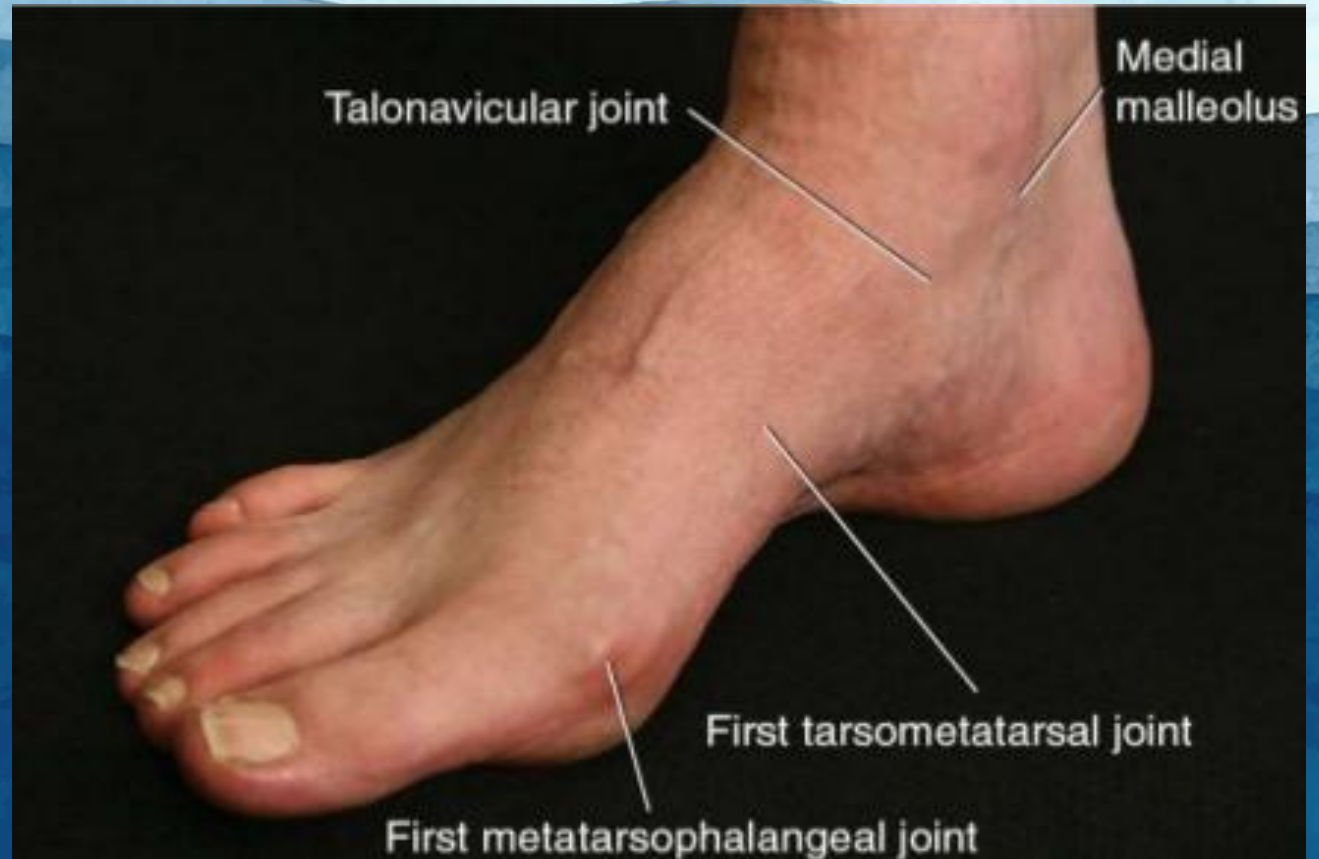
In these cases, finding neutral position is more difficult





# လေ့ကျင့်ခန်း

1. Medial and Lateral malleoli
2. Acheli tendon
3. Navicular
4. Base of fifth metatarsal
5. 1<sup>st</sup> and 5<sup>th</sup> metatarsal heads
6. Any sensitive or prominent areas
7. Callus



# Take a cast

There are different casting techniques:

Prone position - Slipper cast technique

Sitting position – suspension and partial weight bearing casting





# Prone position - Slipper cast technique

Make slabs of plaster longer than the foot length

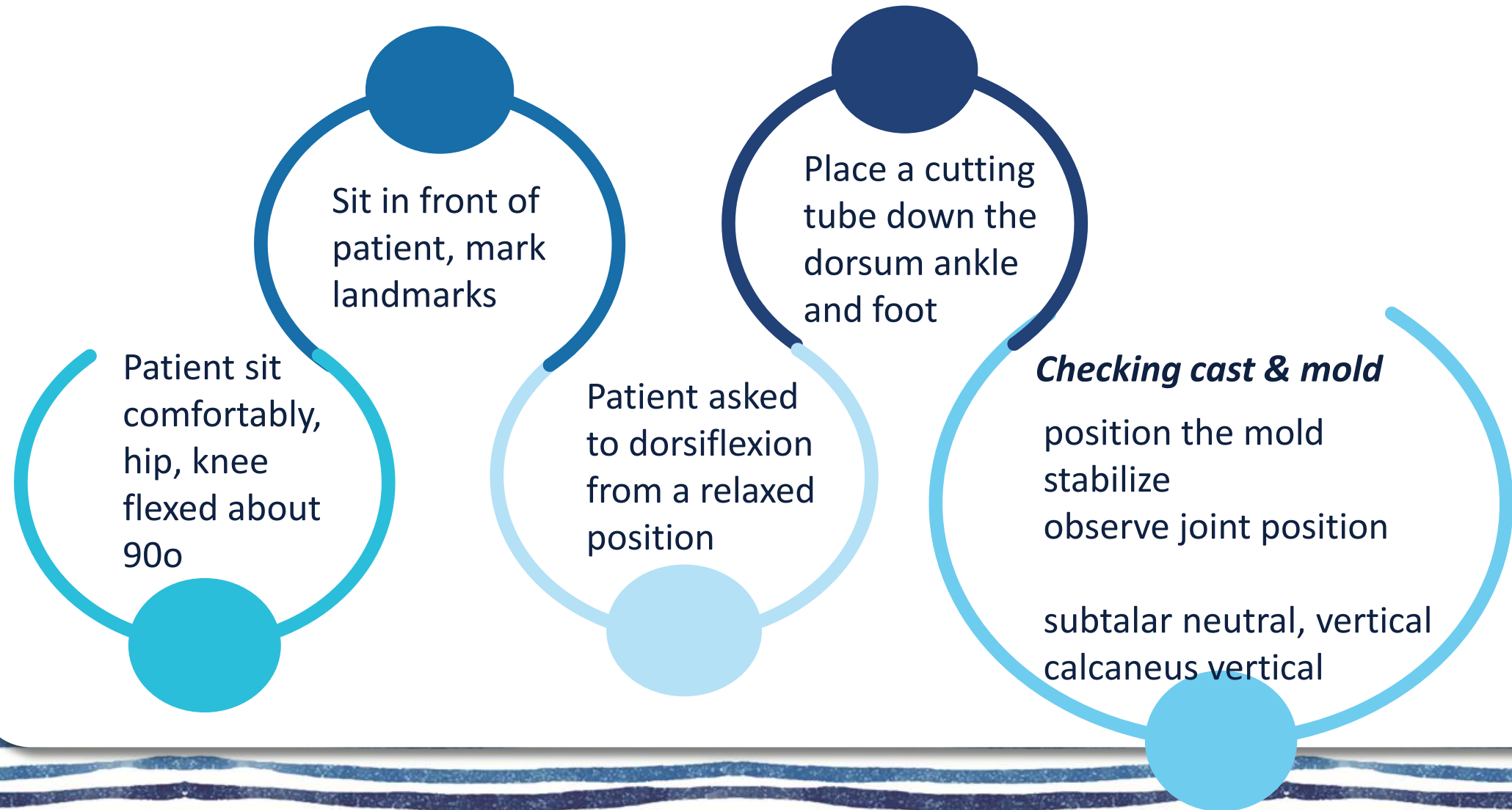
Cover on the plantar surface of the foot & calcaneus also

Hold the foot in subtalar joint neutral & massage the arches

The plantar surface perpendicular to neutral calcaneus



## Sitting position – suspension and partial weight bearing casting





## Sitting position – suspension and partial weight bearing casting

