









Orthotic Modifications

Name	Function	Clinical Indication	
Heel Spur Pad	Absorbs shock and provides extra cushioning to the surrounding inflamed area.	<ul style="list-style-type: none"> • Radiographically confirmed centrally located heel spurs • Plantar fasciitis 	
Heel Cushion	Absorbs shock and provides extra cushioning.	<ul style="list-style-type: none"> • Non-central heel spurs • Plantar fasciitis • Fat pad atrophy 	
Heel Center Pocket	Circle cut out on center of heel to reduce bulky orthotics and takes pressure off from heel tissue.	<ul style="list-style-type: none"> • Plantar Fasciitis • Heel Spur 	
Metatarsal Pad	Elevates metatarsals to distribute pressure from metatarsal head to metatarsal shaft.	<ul style="list-style-type: none"> • Reduced transverse arch • Metatarsalgia • Forefoot callusing • Neuroma 	
Metatarsal Bar	Elevates metatarsals 2-4 to distribute pressure from metatarsal head to metatarsal shaft.	<ul style="list-style-type: none"> • Metatarsalgia • Forefoot callusing • Neuroma • Intermetatarsal bursitis • Reduced transverse arch • Claw toe 	
Metatarsal Raise	Elevates metatarsal heads 1-5 and distributes pressure to metatarsal shafts.	<ul style="list-style-type: none"> • Metatarsalgia • Forefoot callusing 	



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Morton's Extension	Supports 1 st MTP joint and improves propulsion to allow for better dorsiflexion.	<ul style="list-style-type: none"> • Turf toe • Hallux rigidus • short 1st metatarsal • Arthritis in 1st MTP • Trauma 	
Toe Crest	Helps offload distal aspect of the toes.	<ul style="list-style-type: none"> • Hammer toes • Claw toes • Mallet toes • Metatarsalgia 	
Reverse Morton's Extension	Increases ROM of 1 st MTP and provides cushioning to 2-5 metatarsals heads.	<ul style="list-style-type: none"> • Sesamoiditis • Severe forefoot valgus deformity • Plantarflexed 1st toe 	
Arch Pad or Scaphoid Pad	Provides cushioning along the medial longitudinal arch which helps increase forces on medial longitudinal reaction.	<ul style="list-style-type: none"> • Severe over-pronation • Rigid cavus • Pain in the medial longitudinal arch 	
Kinetic Wedge	Helps offload sesamoids and provides cushioning to 2-5 metatarsal heads.	<ul style="list-style-type: none"> • Sesamoiditis • Lesion under the first metatarsal head 	
Lateral Clip	Provides stability and support to prevent lateral drift.	<ul style="list-style-type: none"> • Excessive over supinated foot 	
High Medial Flange	Adds rigidity and strength to frame and provides medial stabilization to 1 st ray and calcaneus.	<ul style="list-style-type: none"> • Excessive pronated foot • Pes planus • Genu valgum • Everted feet • Navicular pain • Collapsed talonavicular joint 	



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1 st met cut out	Helps plantarflex 1 st metatarsal to achieve a better forefoot pronation and gait.	<ul style="list-style-type: none">• Sesamoiditis• Functional hallux limitus• Bunion	
1st Ray cut out	Helps plantarflex the first ray.	<ul style="list-style-type: none">• Sesamoiditis• Hallux limitus• Bunion	
Neuroma Pad	Elevates and separates metatarsals to reduce intermetatarsal pressure	<ul style="list-style-type: none">• Interdigital neuroma• Morton's neuroma• Metatarsalgia• Intermetatarsal bursitis	
Heel Lift	Elevates heel to help balance leg length discrepancy.	<ul style="list-style-type: none">• Functional leg length discrepancy• Equinus• Achilles tendonitis	