

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 THAT 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.



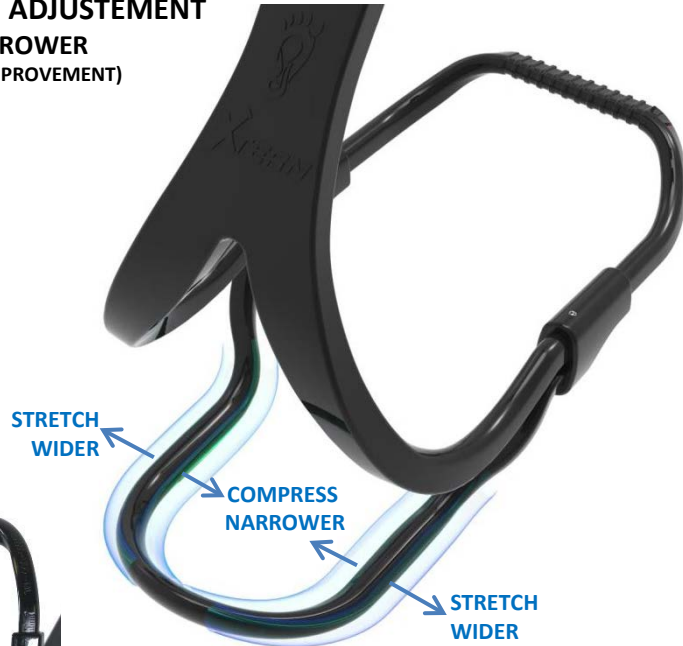
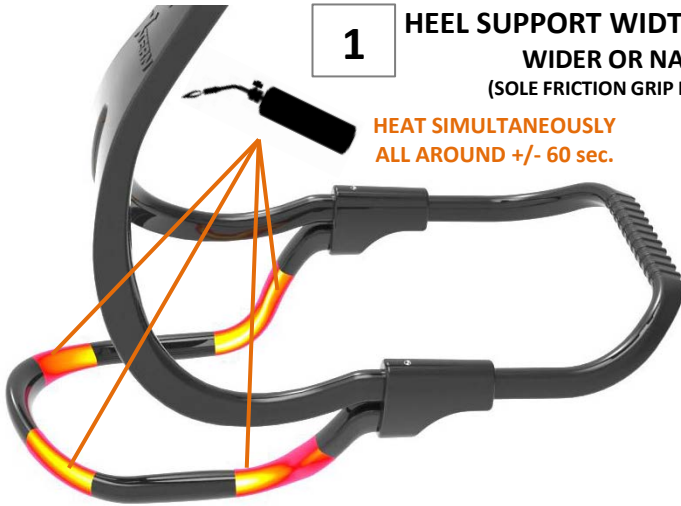
DO NOT APPLY HEAT IN CRITICAL AREA

XTERN-THERMOFORMING_01_2 (2019-01-09)

1

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

HEAT SIMULTANEOUSLY ALL AROUND +/- 60 sec.



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

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

MAINTAIN IN POSITION FOR A FEW MINUTES.

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

THERMOFORMING GUIDELINE

XTERN FOOT DROP ORTHOTIC (AFO)

2 BRACE WIDTH ADJUSTEMENT - 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.

MAINTAIN IN POSITION
FOR A FEW MINUTES.

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

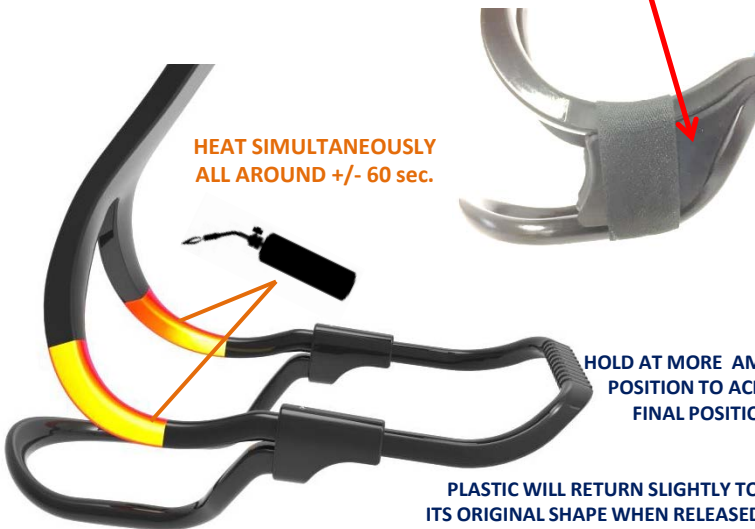
3 DORSIFLEXION ADJUSTEMENT - DECREASE or INCREASE *

(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

FINAL POSITION

ORIGINAL POSITION

**DO NOT THERMOFORM THE STRUT LOWER
THAN ORIGINAL POSITION
IT WILL MAKE IT VERY DIFFICULT TO DON FOR PATIENT.**
TO INCREASE DORSIFLEXION ON BRAND NEW ORTHOTICS,
USE THE EXTENSION STOPPER KIT
(500200-EXT-ML,500200-EXT-S)

4

BRACE CENTERING

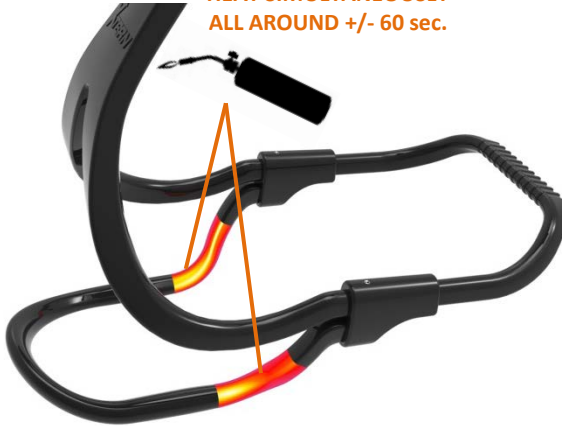
HEEL SUPPORT INWARD – OUTWARD
(CORRECTION FOR LATERAL FOOT CONTACT
PRONATION/SUPINATION)

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

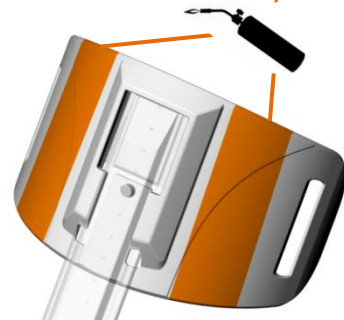
BEFORE RELEASING, COOL PLASTIC
5 MINUTES UNDER WATER OR
20 MINUTES AT AMBIENT AIR TEMPERATURE



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)

HOLD AT MORE
AMPLIFIED POSITION
TO ACHIEVE
FINAL POSITION.

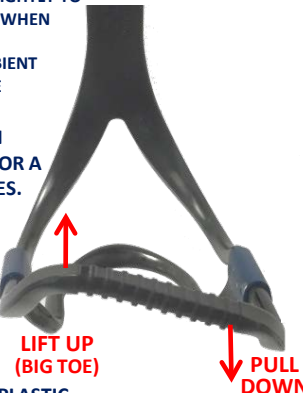
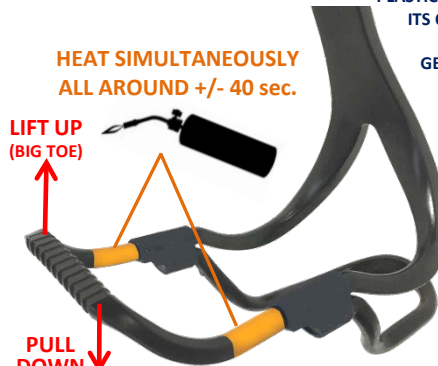
PLASTIC WILL RETURN SLIGHTLY TO
ITS ORIGINAL SHAPE WHEN
RELEASED &
GETS BACK AT AMBIENT
TEMPERATURE

MAINTAIN
IN POSITION FOR A
FEW MINUTES.

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