

# THE ALL-NEW 8 STEPS For Allard AFO Customization

## “Get The Alignment Right”

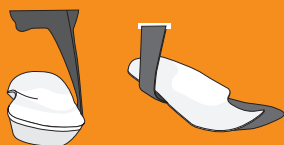
### 1 Product Selection. Decide stability, based on patient needs



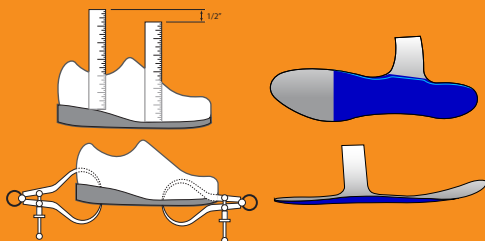
### 2 Size Selection Correct Application, based on the following:

- Foot length
- Activity level
- Body type
- Spasticity
- Deficit type

### 3 Foot Orthotic (custom or prefab), UCBL, or SMO



### 4 Shoe Selection & Heel Height



- Accommodate heel height difference!

### 5 Frontal Plane Alignment

- With the patient standing safely in parallel bars, check their alignment with either a plumb line or square.
- Make accommodation on plantar surface of the product using crepe or cork.



### 6 Proximal Control

- Add as little as 1/16" (1.6mm) heel wedge
- \*can be addressed in Step 4



### 7 Patient Comfort

- Slide foot plate forward or back in the shoe to distribute the pressure evenly across the tibia.
- Add SoftKIT or ComfortKIT.



### 8 Patient Education.

- |   |   |
|---|---|
| <p><b>DO's</b></p> <ul style="list-style-type: none"> <li>• Use hand support ON Sit-to-Stand</li> <li>• Wear SOCKS</li> <li>• Use SoftKIT, ComfortKIT or Custom Interface for tibia as provided with your brace.</li> <li>• Use interface on footplate</li> <li>• Inspect brace on a daily basis</li> <li>• Check SKIN on a daily basis</li> <li>• Wear recommended footwear</li> </ul> | <p><b>DONT's</b></p> <ul style="list-style-type: none"> <li>• Stairs - Ball of Foot</li> <li>• SQUATS - not at all</li> </ul> |
|---|---|

## HEEL HEIGHTS

**KiddieGAIT® Baby**  
S/M=1/4"(7mm)  
L=5/16"(8mm)

**KiddieGAIT® KiddieROCKER®**  
S=5/16"(8mm)  
M/L/XL=3/8"(9mm)

**ToeOFF®/BLUEROCKER®**  
XS/S=7/16"(12mm)  
M=9/16"(15mm)  
L/XL=5/8"(16mm)

**Ypsilon® FLOW 1/2**  
**All 2 1/2 & SHORT models**  
XS-XL=7mm

**allard** USA

[www.allardusa.com](http://www.allardusa.com)

**ALLARD USA, INC.**  
300 Forge Way, Suite 3  
Rockaway, NJ 07866-2056

[info@allardusa.com](mailto:info@allardusa.com)  
Toll Free 888-678-6548  
Fax 800-289-0809

# Step by Step Guide for ToeOFF®/BlueROCKER®

## Fitting & Product Selection

### 1 Evaluate Patient with standard ToeOFF®/BlueROCKER®.

Establishes a baseline for altering the dynamic properties of a standard product.

Choose ToeOFF® or BlueROCKER® based on Patient's height, weight, shoe size and proximal deficits.

Choose proper shoe. Measure Heel Height of Shoe. Accommodate ToeOFF®/BlueROCKER® with heel/toe lift if necessary to match heel rise of ToeOFF®/BlueROCKER®.



#### Shoe Selection

- Shank & counter
- Toe-to-heel
- Rocker sole
- Facilitate 3<sup>rd</sup> rocker



### 2 Capture the Patient model with Cast, Scan or Measurement

#### Cast:

1. Posterior/Medial Opening
2. Anterior & Lateral Plumb lines.

#### Scan:

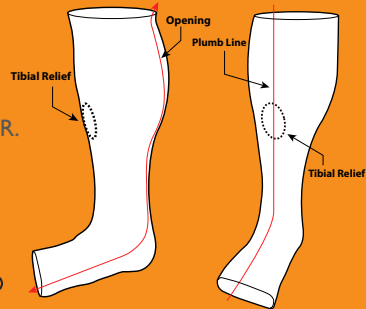
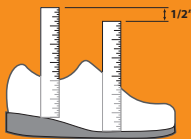
File extension type:  
\*.obj, .ply, .stl, .vsrf,  
.cpxp, .cln, .ssn and  
Vorum Spectra scan.

#### Measurements:

1. Fill out pages 5-7 Completely
2. Picture required.

### 3 Fill out Custom Forms Completely

Measure Heel Height of Shoe: Critical to get proper alignment of ToeOFF or BlueROCKER. Either measure with a ruler or with calipers.



**On order form** - Address "Change M-L Stiffness", "Change A-P Stiffness", "Relief of Tibial Crest" and "Relief of OTHER Bony Prominences"

Easy as  
1,2,3

Make sure custom forms  
are filled out properly!

allard<sup>USA</sup>

www.allardusa.com

ALLARD USA, INC.  
300 Forge Way, Suite 3  
Rockaway, NJ 07866-2056

info@allardusa.com  
Toll Free 888-678-6548  
Fax 800-289-0809