



ICB CUSTOM PRO ORTHOTICS

**The Ultimate Customised Prefabricated
Orthotic Solution for Your Clinic**

www.icbmedical.com

ICB offers a fully customised pre-fab orthotic service, to provide a cost-effective, yet highly tailored alternative to custom made orthotics. Having our own on-site orthotic laboratory, we are able to manufacture semi-custom orthotics to the practitioner's exact prescription. Doing so allows practitioners to provide a highly customised orthotic device, at a more attractive price point to patients, without compromising on quality & fit - in **5 simple steps**. Once manufactured, the practitioner is still able to heat mould to the patient for precision fitting.

1 Select the Orthotic DENSITY

Factors such as the amount of pronation, the patient's weight, and pre-existing medical conditions (such as Diabetes) should be considered when selecting the appropriate orthotic density. Below is a general guide:

- **SOFT WHITE:** Patients weighing >60kg, Diabetic & Geriatrics
- **MID BLUE:** Patients weighing 60-70kg with medium excessive pronation
- **MULTICOLOUR:** mid density for paediatric patients
- **SPORTS DUAL:** combination of mid blue & firm green, for general all-round use & Sporting activities.
- **FIRM GREEN:** Patients weighing >75kg

2 Select the Orthotic SHELL STYLE



2/3 Length



Full Length



High Heel



Dress 2/3 Length



Dress Full Length







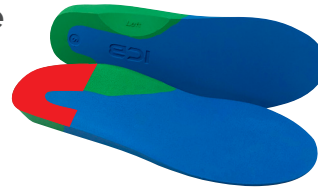

Paediatric High Flange

3 Select the Orthotic SIZE



SHOE SIZE	AUS/USA		UK		EUROPE	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
Infant	K2 - 3.5	K2 - 3.5	K1 - 3	K1 - 3	17 - 19	17 - 19
Toddler	K4 - 6	K4 - 6	K4 - 6	K4 - 6	20 - 23	20 - 23
Kids	K7 - 9	K7 - 9	K7 - 9	K7 - 9	24 - 27	24 - 27
Small Junior	K10 - 12	K10 - 12	K10 - 12	K10 - 12	28 - 31	28 - 31
Junior	1 - 3	1.5 - 4	1 - 2.5	1.5 - 3	32 - 35	32 - 35
X Small	3.5 - 5	5 - 6	3 - 4.5	3.5 - 5	36 - 38	36 - 38
Small	5.5 - 7	7 - 8	5 - 6	5.5 - 7	39 - 41	39 - 41
Medium	7.5 - 9	9 - 10	7 - 8.5	7.5 - 9	42 - 43	42 - 43
Large	10 - 11	11 - 12	9 - 10.5	9.5 - 11	44 - 45	44 - 45
X Large	11.5 - 13	12.5 - 13	11 - 12	11.5 - 12	46 - 47	46 - 47
XX Large	13.5 - 15	13.5 - 14	13 - 14.5	12.5 - 14	48 - 50	48 - 50

4 Select ADDITIONS & MODIFICATIONS



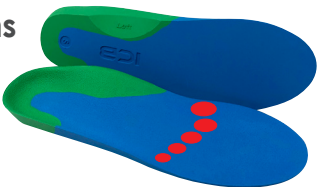


Select the required modifications & Additions required for to treat the patient. Below is an explanation of each option available, and when most applicable.

ADDITION		DESCRIPTION	USE
REARFOOT MODIFICATIONS			
Rearfoot Varus Wedge		A rearfoot wedge thicker on the medial side, to increase the inversion angle of the rearfoot	Pronation control >5° required (ICB 2/3, full length & high flange orthotic shells have an intrinsic 5° rearfoot wedge & the high heel has 3°). Only prescribe if additional posting is required.
Rearfoot Valgus Wedge		Rearfoot wedge thicker laterally	<ul style="list-style-type: none"> • Flexible Supinated Foot • Lateral Ankle Instability
Heel Raise		An extrinsic wedge under the heel to alter the pitch of the device	<ul style="list-style-type: none"> • Leg Length Discrepancy • Achilles Tendonitis • Calcaneal Apophysitis (Severs)
Heel Aperture		A hole placed into the device, under the heel, which is then filled with a cushioning material	<ul style="list-style-type: none"> • Plantar Fasciitis • Heel Spur
Horse Shoe Deflection		Horse shoe shaped soft padding, placed on the dorsal surface of the heel area of the device.	<ul style="list-style-type: none"> • Increased heel cushioning • Reduced fat pad • Heel Spur
MIDFOOT MODIFICATIONS			
Arch Block		Material placed in the plantar arch contour to provide increased arch support	Increased arch support by providing reinforcement to the device - useful for overweight patients.




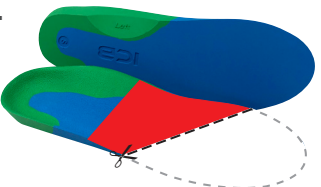
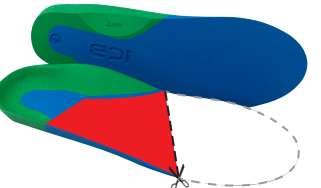
Select ADDITIONS & MODIFICATIONS

ADDITION	DESCRIPTION	USE
Plantar Fascial Groove 	<p>A groove placed on the dorsal surface of the device, following the position of the plantar fascia.</p>	<p>Accomodate for a tight or prominent Plantar Fascia.</p>
Medial Flange 	<p>Extra material added to the medial dorsal arch.</p> <p>Can be soft or firm.</p>	<ul style="list-style-type: none"> • Soft Medial Flanges provides extra cushioning in the arch. • Firm Medial Flanges provide increased arch support.



FOREFOOT MODIFICATIONS

2-5 Bar 	<p>A forefoot bar positioned under the 2nd to 5th metatarsal heads.</p>	<p>Supports the 2nd to 5th Metatarsal heads, allowing the 1st MTPJ to sit in a plantarflexed position.</p>
Metatarsal Domes 	<p>Teardrop shaped pad added to support & separate the specified metatarsal heads (usually the 2nd & 3rd or 3rd & 4th).</p> <p>Domes can be soft or firm.</p>	<ul style="list-style-type: none"> • Metatarsalgia • Morton's Neuroma • Plantarflexed Metatarsals
Deflections (1st - 5th) 	<p>Depression or 'cut-out' in the specified location to off-load pressure on the plantar surface of the forefoot.</p>	<p>Depression or 'cut-out' in the specified location to off-load pressure on the plantar surface of the foot.</p>
PlantarFlexed 1st Ray Deflection	<p>A cut-out around the 1st MTPJ - on a full length, it extends up the shaft of the of the hallux.</p>	<ul style="list-style-type: none"> • Plantarflexed 1st Ray
Forefoot Valgus 	<p>A forefoot wedge placed under the 5th MTPJ area that is thicker laterally and tapers in medially, to support the lateral forefoot.</p>	<ul style="list-style-type: none"> • Forefoot Valgus Deformity • Pes Cavus Foot
Forefoot Varus 	<p>A forefoot wedge placed under the 1st MTPJ area that is thicker medially and tapers in laterally, to support the medial forefoot.</p>	<ul style="list-style-type: none"> • Forefoot Varus Deformity

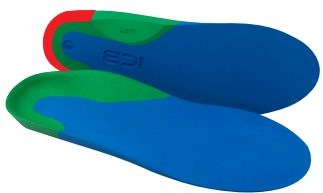

Select ADDITIONS & MODIFICATIONS

ADDITION	DESCRIPTION	USE
Mortons Extension/Dorsiflexed 1st 	<p>A medial forefoot platform of uniform thickness, extending proximal to the 1st Metatarsal head along the shaft of the hallux, to support the 1st metatarsal.</p>	<ul style="list-style-type: none"> • Support a Dorsiflexed 1st Ray • Hallux Rigidus • Short 1st Metatarsal • Hallux Abducto Valgus (Bunions)
Inversion Ramp 	<p>EVA wedge on the medial side of the device to invert (supinate) the rearfoot and forefoot.</p>	<ul style="list-style-type: none"> • To invert both the rearfoot & forefoot.
Eversion Ramp 	<p>EVA wedge on the lateral side of the device to evert the rearfoot and forefoot.</p>	<ul style="list-style-type: none"> • Supinators • To evert both the rearfoot & forefoot. • Reduce excessive lateral strike angle & encourage earlier return to toe-off during the gait cycle.
In-Toe Gait Plate 	<p>A forefoot extension that extends the length of the Hallux, then tapers laterally to finish just proximal to the bisection of the 5th MTPJ. <i>Only applicable to children during the growth phase.</i></p>	<ul style="list-style-type: none"> • Out-toed foot position (i.e. external tibial torsion) - Malleolar position $>18^\circ$
Out-Toe Gait Plate 	<p>A forefoot extension thicker laterally & extends distal to the 5th phalange, then tapers medially to finish just proximal to the bisection of the 1st MTPJ. <i>Only applicable to children during the growth phase.</i></p>	<ul style="list-style-type: none"> • In-toed foot position (i.e. internal tibial torsion) - Malleolar position $<13^\circ$



FIT MODIFICATIONS - to ensure the device fits into the footwear

Heel Cup Height Reduction 	<p>Reducing the height of the heel cup</p>	<p>Allows for better fitting into footwear - particularly those with shallow heel counters.</p>
Medial Arch Taper 	<p>Reducing the bulk by grinding material out of the plantar medial arch.</p>	<p>Assists in footwear fit (particularly narrow shoes & football & soccer boots.</p>

Select ADDITIONS & MODIFICATIONS

ADDITION	DESCRIPTION	USE
Rearfoot Taper 	Reducing the bulk by grinding around the heel cup, on a angle, to narrow the device.	Assists in footwear fit by narrowing the heel cup.
Lateral Skive 	Removing the lateral border of the device, to create a narrower device shank	<ul style="list-style-type: none"> • Assists in fitting into narrow footwear. • Prominent Cuboid • Prominent Styloid Process • Patient's with broad feet

FINISHING MODIFICATIONS

Forefoot Cushioning 	Medical Grade Poron layer placed on the forefoot area - underneath the top cover.	<ul style="list-style-type: none"> • Forefoot Comfort • Reduced Fat Pad across Metatarsal Heads • Corns & Callouses • Rheumatoid Arthritis
Top Cover 	Range of materials (vinyl, multiform, Spenco, etc) in a variety of colours, patterns & thicknesses	<ul style="list-style-type: none"> • Professional finish • Increased device durability & comfort • Custom clinic logo printing available.

PERSONALISED LOGO COVERS

Personalised printed orthotic covers are available. Clinic logo and text (contact details etc) can be foil stamped (in gold) onto any colour vinyl top covers.

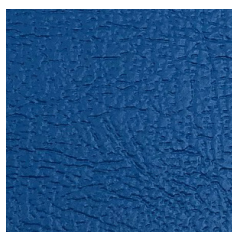
There is a one-off set up cost of \$180 + GST for production of the metal stamp to enable foil stamping of the logo onto the vinyl covers.

There is no additional on-going cost to have your personalised vinyl covers printed - just select 'personalised' in Section 8 of the Prescription Form.

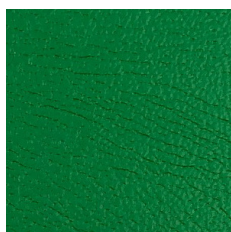
5 Select TOP COVERS

Vinyl

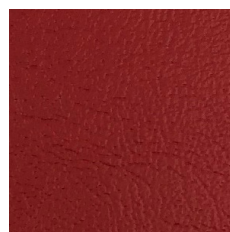
Vinyl top covers offer a durable, low profile, low odour and economical top cover. Available in a range of colours, and able to have your personalised clinic logo printed for a truly custom finish. Vinyl also offers protection to underlying addition & poron layers, without increasing the bulk of the orthotic device.



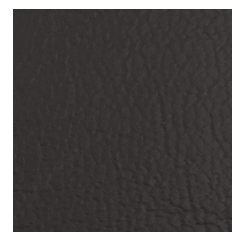
Blue



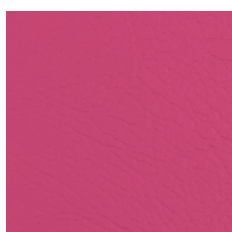
Green



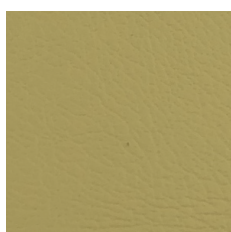
Red



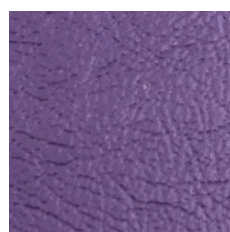
Black



Pink



Beige



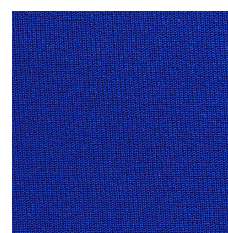
Purple



Yellow

Spenco (Neoprene)

Spenco is a highly cushioned top cover, with a blue nylon knitted fabric top layer. Spenco is available in 1.5mm & 3mm - 3mm provides more cushioning however it takes up more space in the shoes. So if space might be an issue in the footwear, 1.5mm is a better option. Designed to reduce friction & improve shock absorption.



Blue Spenco

Multiform EVA

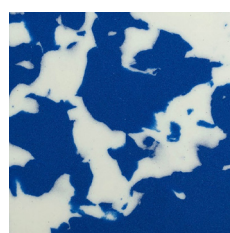
Multiform is a low density 2mm EVA, that provides comfort & durability, with various colour options to choose from. With its non-slip surface Multiform is ideal for athletes & sports orthotics.



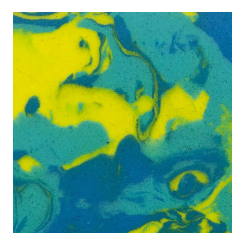
Black
(BK)



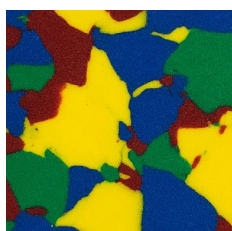
Blue
(BU)



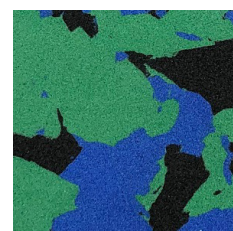
Blue/White
(BW)



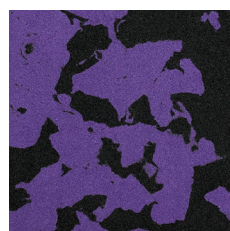
Green/Blue/Yellow
(GBY)



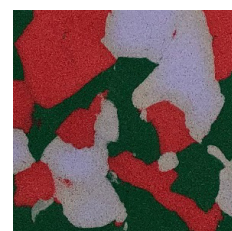
Multicolour
(MT)



Green/Blue/Black
(GBB)



Black/Purple
(BP)



Red/Green/Purple
(RGP)

CUSTOM PRO PRESCRIPTION FORM



SECTION 1: DETAILS

Date: _____

Patient name: _____

Clinic Location: _____

Practitioner: _____

Delivery address: _____

Suburb: _____ State: _____ Postcode: _____

LAB USE ONLY

Lab No: _____

Lab Due Date: _____

EXPRESS Service: ☐

SECTION 1: ORTHOTIC SHELL DENSITY (EVA)

Soft (White): ☐
Mid (Blue): ☐
Firm (Green): ☐
Sports Dual (Blue/Green): ☐
Paediatric Mid (Multicolour): ☐

SECTION 2: SHELL SHAPE

$\frac{2}{3}$ Length: ☐ L ☐ R
Full Length: ☐ L ☐ R
Dress Style $\frac{2}{3}$ Length (lateral skive): ☐ L ☐ R
Dress Style Full Length (lateral skive): ☐ L ☐ R
High Heel (mid density Black/Grey): ☐ L ☐ R
High Flange (Paeds only): ☐ L ☐ R

SECTION 3: ORTHOTIC SIZE

☐ Infant ☐ Junior ☐ Large
☐ Toddler ☐ XSmall ☐ X Large
☐ Kids ☐ Small ☐ XX Large
☐ Small Junior ☐ Medium

SECTION 4: REARFOOT MODIFICATIONS

Rearfoot Varus Wedge ($>5^\circ$): ☐ L ☐ R
Rearfoot Valgus Wedge: ☐ L ☐ R
Heel Raise: _____ mm ☐ L ☐ R
Heel Aperture: ☐ L ☐ R
Horse Shoe Deflection: ☐ L ☐ R

SECTION 5: MIDFOOT MODIFICATIONS

Arch Block: ☐ Soft ☐ Firm ☐ L ☐ R
Plantar Fascial Groove: ☐ L ☐ R
Medial Flange: ☐ Soft ☐ Firm ☐ L ☐ R

SECTION 9: SPECIAL INSTRUCTIONS

SECTION 6: FOREFOOT MODIFICATIONS

2 - 5 Bar: ☐ L ☐ R
Metatarsal Domes: ☐ Soft ☐ Firm ☐ SML ☐ LGE ☐ SML ☐ LGE
Met Dome Position:

1	2	3	4	5
1	2	3	4	5

Deflections (Mets):

1	2	3	4	5
1	2	3	4	5

Plantar Flexed 1st Ray: ☐ L ☐ R
Plantar Fascial Groove: ☐ L ☐ R
Forefoot Valgus: ☐ L ☐ R
Forefoot Varus: ☐ L ☐ R
Mortons Extension: ☐ L ☐ R
Inversion Ramp: ☐ L ☐ R
Eversion Ramp: ☐ L ☐ R
In-Toe Gait Plate: ☐ L ☐ R
Out-Toe Gait Plate: ☐ L ☐ R
Forefoot Cushioning: ☐ 1.6 mm ☐ 3.2mm ☐ L ☐ R

SECTION 7: FIT MODIFICATIONS (pair)

Heel Cup Height (reduce to): 5mm: ☐ 10mm: ☐
Medial Arch Taper: ☐
Rearfoot Taper: ☐
Lateral Skive: ☐

SECTION 8: TOP COVER (pair)

Personalised logo: ☐
VINYL: Black | Blue | Purple | Beige | Green | Yellow | Red | Pink
Poron: ☐ 1.6mm ☐ 3.2mm
Spenco: ☐ 1.5mm ☐ 3mm
MULTIFORM (2mm):
☐ Blue/White (BW) ☐ Green/Blue/Yellow (GBY)
☐ Multicolour (MT) ☐ Black/Purple (BP)
☐ Black (BK) ☐ Red/Green/Purple (RGP)
☐ Blue (BU) ☐ Green/Blue/Black (GBB)
Leather: Beige ☐