

PRACTICE NAME PATIENT NAME/ IDENTIFIER DATE

ADDRESS EMAIL

CITY/ SUBURB STATE POST CODE COUNTRY PH.

STEP 1. ORTHOTICKS PRO - CUSTOMISED

TYPE PRO - FULL LENGTH PRO - 3/4 LENGTH PRO LITE

SIZE (US) SK (8-10 KIDS) MK (11-13 KIDS) LK (1-3 JNR) XXS (5-6 WOMENS, 4-5 JNR) XS (7-8 WOMENS, 6-7 JNR) S (9-10 WOMENS, 7-8 MENS) M (11-12 WOMENS, 9-10 MENS) L (11-12 MENS) XL (13-14 MENS) XXL (15+ MENS)

NOTE: PRO LITE XXS - L ONLY

STEP 2. FOOT TYPE

PRONATED: MILD MODERATE SEVERE **NEUTRAL:** **SUPINATED:** MILD MODERATE SEVERE

STEP 3. PATHOLOGY

GENERAL COMFORT PREVENTION PERFORMANCE

LOWER BACK/HIP SIJ SCIATICA

LEG/KNEE ANTERIOR: PFJ / PATELLA LATERAL: ITB / LCL / JOINT MEDIAL: ADDUCTOR / MCL / JOINT

LOWER LIMB/ANKLE ACHILLES TENDONOPATHY ANKLE EQUINUS ANTERIOR IMPINGEMENT SYNDROME GASTROC/SOLEUS PATHOLOGY LATERAL ANKLE SPRAINS PERONEAL PATHOLOGY SHIN SPLINTS: ANTERIOR SHIN SPLINTS: POSTERIOR TIBIALIS ANTERIOR PATHOLOGY

REARFOOT PATHOLOGY CPHP / PLANTAR FASCIITIS FAT PAD SYNDROME PLANTAR CALCANEAL BURSIITIS RETROCALCANEAL BURSIITIS TARSAL TUNNEL SYNDROME TIBIALIS POSTERIOR PATHOLOGY

MIDFOOT PATHOLOGY CUBOID SYNDROME MIDTARSAL JOINT / LISFRANC STRAIN PLANTAR FASCIA PATHOLOGY

FOREFOOT PATHOLOGY 1ST MPJ INJURY 5TH METATARSAL INJURY CORNS / CALLUS FRIEBERGS OSTEOCHONDRITIS FUNCTIONAL HALLUX LIMITUS HALLUX RIGIDUS HAV (BUNIONS) METATARSAL STRESS FRACTURE METATARSALGIA (CAPSULITIS/BURSIITIS) NEUROMA: INTERDIGITAL NEURITIS PLANTAR PLATE INJURY SESAMOID INJURY

KIDS PATHOLOGY FLAT FEET OSG SCHLATTERS/SINDING - LARSEN CALCANEAL APOPHYSITIS: SEVERS PAEDIATRIC OUTTOEING PAEDIATRIC INTOEING PAEDIATRIC TOE WALKING

STEP 4. CLINICAL TESTS (if performed)

RANGE OF MOTION NWB ANKLE >10° <10° SUBTALAR JOINT (STJ) INVERSION >20° <20° EVERSION >10° <10° MIDTARSAL JOINT (MTJ) MOBILE RESTRICTED 1ST METATARSOPHALANGEAL JOINT (1ST MPJ) >65° 20° - 65° <20°

RESTING STANCE POSITION CALCANEUS POSITION INVERTED (SUPINATED) VERTICAL (NEUTRAL) EVERTED (PRONATED) ARCH HEIGHT LOW NORMAL HIGH MSRT FORCE LOW MODERATE HIGH

SAGITTAL PLANE ASSESSMENT LUNGE TEST > 10CM < 10CM JACKS TEST FORCE LOW HIGH JACKS TEST RANGE LOW HIGH

STEP 5. TOP COVER

DURAFIT™ SMOOTH BLACK BRONZE COCOA SKIN

DURAFIT™ SEMI-PERFORATED ANTHRACITE MAGENTA BEIGE ORANGE BLACK MARINE (NAVY) BLUE RED CAMEL SILVER CREAM SKIN LIME STONE

EVA (GENERAL/SPORTS) BLACK BLACK & GREY BLUE BLUE SWIRL LIME GREEN LIME SWIRL NATURAL PINK PINK SWIRL PURPLE RED YELLOW

NORA™ DIABETIC ANTI SHEAR 3mm

DELIVERY STANDARD DISPATCH 5 WORKING DAYS EXPRESS DISPATCH 3 WORKING DAYS

OTHER INSTRUCTIONS I ACKNOWLEDGE THAT I HAVE CHECKED THE PRESCRIPTION AND IT IS COMPLETE AND CORRECT

ADDITIONAL PAIRS TYPE TOP COVER

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