



# 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.



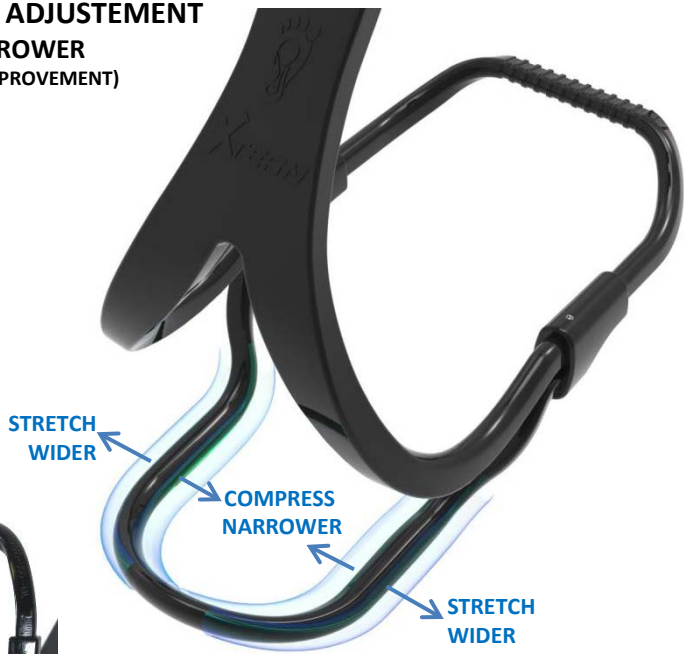
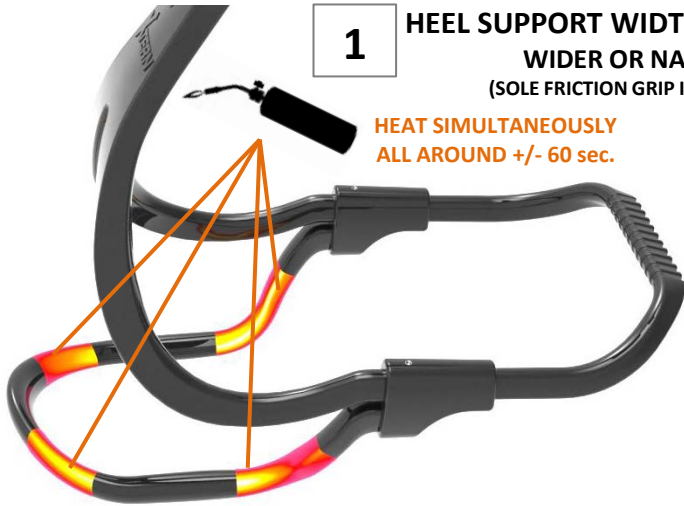
XTERN-THERMOFORMING\_01\_2 (2019-01-09)

### 1 HEEL SUPPORT WIDTH ADJUSTEMENT

#### WIDER OR NARROWER

(SOLE FRICTION GRIP IMPROVEMENT)

HEAT SIMULTANEOUSLY ALL AROUND +/- 60 sec.



STRETCH WIDER  
 COMPRESS NARROWER  
 STRETCH WIDER

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

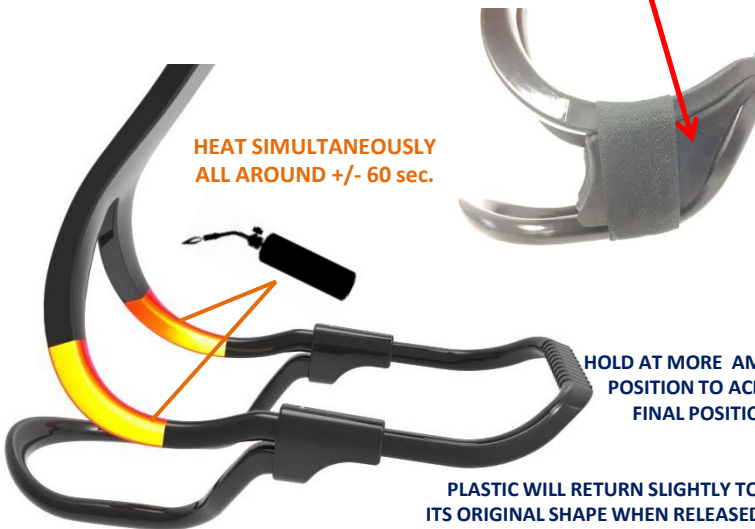
### 3 DORSIFLEXION ADJUSTEMENT - DECREASE or INCREASE \*

(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)**

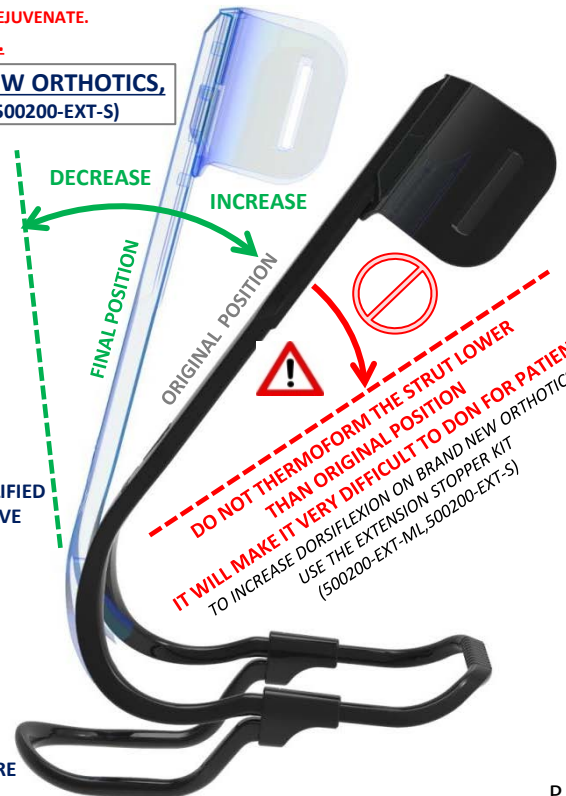
HEAT SIMULTANEOUSLY  
ALL AROUND +/- 60 sec.



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

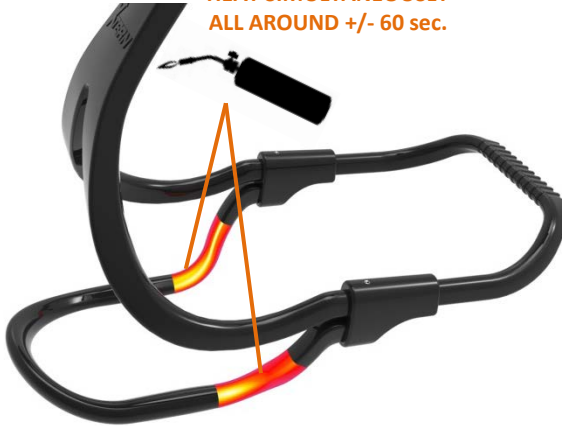
HEEL SUPPORT INWARD – OUTWARD  
(CORRECTION FOR LATERAL FOOT CONTACT  
PRONATION/SUPINATION)

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

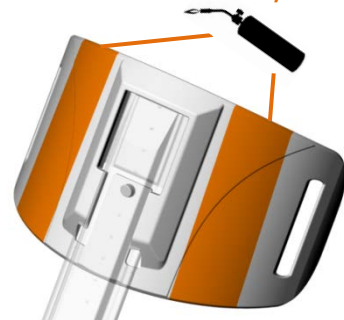
BEFORE RELEASING, COOL PLASTIC  
5 MINUTES UNDER WATER OR  
20 MINUTES AT AMBIENT AIR TEMPERATURE



**5**

### CALF SUPPORT WIDTH ADJUSTMENT (CALF DIAMETER)

HEAT SIMULTANEOUSLY  
BOTH FACES +/- 10sec



**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

LIFT UP  
(BIG TOE)

PULL DOWN

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

