

Foot Orthosis Order Form:

Foot Orthosis Size	Qty	Price	Subtotal
0		75.00	
1		75.00	
2		75.00	
3		75.00	
4		75.00	
5		75.00	
6		75.00	
7		75.00	
8		75.00	
9		75.00	
10		75.00	
<b>TOTAL</b>		<b>\$</b>	

Patient Name: \_\_\_\_\_

Home Number: (     ) \_\_\_\_\_

Cell Number: (     ) \_\_\_\_\_

Email: \_\_\_\_\_

**Method of Payment**

- Cash
- Check # \_\_\_\_\_
- Visa
- MasterCard

Credit Card# \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

www.MFASclinic.com

**Moore Foot & Ankle Specialists**

"We treat everyone like family."



**SHOE INSERTS**  
**Extended Wear**  
**FOOT ORTHOSIS**



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# Extended Wear Foot Orthosis

**PRICE:** \$75.00

**SIZES:** See size chart below

## Size Chart

Foot Orthosis- Size	Child's Shoe Size	Women's Shoe Size	Men's Shoe Size
0	2"W x 5.5"L	___	___
1	___	5 - 6	___
2	___	6 - 8	7 - 8
3	___	8 - 9.5	8 - 9
4	___	10	9 - 10.5
5	___	11	10.5 - 11
6	___	___	11 - 12
7	___	___	12 - 13
8	___	___	13 - 14
9	___	___	14 - 15
10	___	___	15 - 16

**What do I do when my size (example 7 ½) falls in between your offering (size 7, 8, 9 etc)?**

We recommend going up in size (size 8).

## FREEDOM® Basic Foot Orthosis (BFO)

The FREEDOM® BFO is firm for more support, control, and durability. Incorporating an upper layer of Aiplast™ and a supportive layer of Plastazote®, this unique combination has made the widespread in-office fabrication of custom-molded orthoses possible.



The forgiving BFO is readily tolerated, even during the most active sports. This flexible orthosis can be used off-the-shelf for basic arch support or modified with a wedge or ground for pronation/supination control.



**PLANTAR FASCIITIS** is an injury or over-use syndrome involving the plantar fascial ligament in the arch of the foot that runs from the ball of the foot to the bottom of the heel. This band of tissue is protective to the deep structures of the foot and is not a primary stabilizer of the archway.

This condition is associated with other foot conditions such as heel spur, neuroma, hammertoes, mallet toes, stress fractures, corns, and calluses.

The pain is characterized as sharp with the first few steps in the morning and also in the evening after increased activities or with minor relief as it is “warmed up” during light walking and massage.

### Treatment/Conservative Care:

- Rest
- Stretching
- Medication
- Injection
- Arch Support
- Night splints
- Physical Therapy

### Surgical Options:

Various procedures exist, but releasing the plantar fascial ligament near the heel with or without removing an existing heel spur will essentially lengthen the ligament and provide permanent relief.

For more information on Conservative Care & Surgical Options please visit our website:

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