



Most of our orthotic devices can be made of polydor. Polydor can be easily adjusted by spot heating. Although orthotic devices made of polydor are not as tough as polypropylene they hold up well under normal use and are fully guaranteed against breakage for six months. Functional orthotic devices made of polydor are available with any of our cast corrections (refer to "Cast Correction").

The Shaffer, Roberts, Whitman, and Out-Toe Gait Plates have been popular types of devices for many years.

SHAFFER PLATE (A) - The Shaffer Plate is a useful device for orthotic control when a slightly higher medial flange is desired. Cast correction for the Shaffer Plate intrinsically balances any forefoot deformity perpendicular to the heel and gently contours the arch around the medial side of the foot. This device is most often made of polydor or leather and fiberglass. A flat or 0 degree heel post is usually used with the Shaffer plate.

ROBERTS PLATE (B) - Our Roberts is actually a grinding shape rather than a particular cast correction. Usually the Roberts Plate is made over the same type of cast correction as the Shaffer Plate described above. With the exception of the Root functional, any type of cast correction can be modified for a Roberts-type grind. The Roberts device has a deep heel cup with a high medial and lateral clip at the heel and a high medial flange. This device is usually posted with a flat or 0 degree heel post. This type of device is most useful for youngsters where some extra depth and side-to-side control help

hold the foot on top of the orthotic device. After the age of 9 or 10, the high flanges cause some irritation to the skin making this device a little more difficult to use. There are instances, however, even in difficult to control adults, that the extra contact surface provided by this shape device may be advantageous.

WHITMAN PLATE (C) - A Whitman plate is a device that is made over a cast corrected in the same fashion as the cast correction for the Shaffer Plate. The lateral flange is ground somewhat higher than the Roberts flange, and the posterior aspect of the heel is cut somewhat shallower. This device is indicated to control abnormal pronation in a youngster up to 8 or 9 years of age. Because the lateral flange is not protected by a deep heel cup, it is recommended that in the older child this device be made of polypropylene.

OUT-TOE GAIT PLATE (D) - The Out-Toe Gait Plate is made from a positive cast that is modified in the same fashion as that described above for the Shaffer Plate. The device is then ground in such a fashion that it extends out beneath the proximal phalanx of the 4th and 5th digits, and then is cut back at an angle to end approximately mid-shaft of the 1st metatarsal. The device has a deep heel cup and a flat rearfoot post to stabilize the rearfoot. Essentially when the heel is raised from the ground, the unyielding lateral extension causes the foot to pivot to the angle at which the leading edge has been ground. This device is useful for children up to 5 or 6 years of age. As the weight of the child and the age increases, its effectiveness decreases. This device can be made of any material. We recommend using polypropylene so that the extension will not be broken.

These classic types of devices are not used as frequently as they were in the past, however, there are many indications when these particular shapes will be much more effective than the standard functional-type devices.