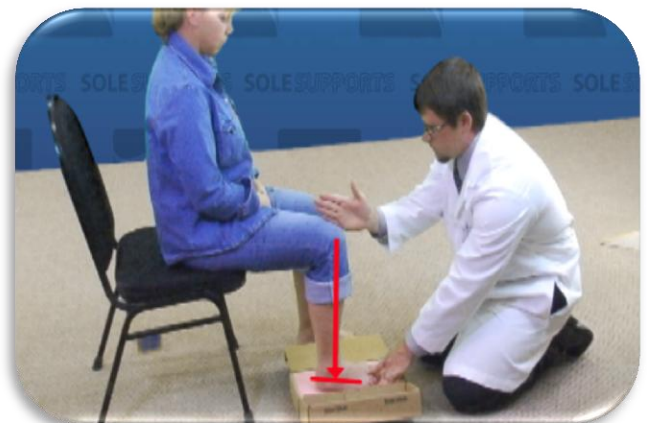


MASS Posture Casting

1. Remove shoes and socks or stockings. Expose foot and legs to at least mid-calf.
2. Have patient step on to the scale to record weight if it has not been obtained already.
3. Use a stable chair for patient to sit on and have the patient scoot up to the edge.
4. Rest the patient's right foot on the angled foam box. Center the foot front to back with the medial side of the heel and forefoot about ½" from the tallest edge of the foam box.
5. Align the knee directly above the ankle and align the foot (2nd met) with the midline of the thigh. Knees may be comfortably separated with the leg perpendicular to the floor. (Be aware with some severely pronated feet you may need to physically realign the 2nd met with the midline of the thigh.)



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6. Place your right hand across the patient's right knee with your fingers on the outside of the knee to prevent it from drifting laterally. Place the left hand over your right wrist to maintain stabilization of the knee and thigh.



7. With your left hand grasp and raise the Navicular to keep the arch from lowering excessively into the foam during heel thrust.



8. From a lunge position use your upper body weight to thrust directly down on the knee until the heel bottoms out in the foam taking care to keep the Navicular raised so as not to depress the arch foam excessively. Remember to maintain vertical position; do not allow the knee to drift in or out. If the patient has sensitive knees or you are unable to apply pressure, apply body weight from the thigh vs. the knee.



9. Using fingertips of overlapped hands, bottom out the head of the fifth metatarsal.



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- 10. Put your thumbs across the patient's toenails and bottom out the tips of the toes to release the tightness in the plantar fasciae.**



- 11. Before bottoming out the first metatarsal, place the opposite hand on the medial Malleolus and push it slightly up to keep the arch raised and avoid depressing the foam excessively.**

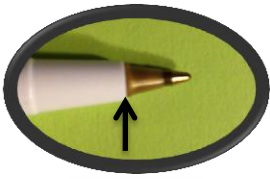


- 12. With the Malleolus still slightly elevated bottom out the first metatarsal in the foam pushing it down and back towards the heel. Carefully remove the foot from the casting foam.**



- 13. Repeat the process with the other foot.**

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Pen Test

The pen test checks the relative height of the heel, fifth and first metatarsal head impressions. Using the Official Pen Tester (OPT), push vertically in to the center of the heel, and center of the first and fifth metatarsal heads all the way down to the plastic box. **Note:** the fifth metatarsal is considerably shorter than the first metatarsal.

The deeper a cone-shaped object goes into the foam, the wider the hole will be. Three equal sized holes will indicate that you are on the same plane. If one hole is significantly larger, that area was not bottomed out completely. Gently reposition the foot in the cast and repress that area and reexamine.

NOTE: In the angled foam, the pen impression in the fifth met head naturally will be slightly smaller because there is less foam compressed. There may even be a slight difference between the heel and first met. Visual examination shows that the further the pen hole is from the tallest side of the foam, the smaller the hole. So, don't be concerned if the pen holes are only roughly the same size. As long as there is no gross difference it is OK.

