

FITTING — CHECK TOTAL CONTACT

MOJO FEET
made to move

At fitting there are three primary checks to ensure proper fit.

- 1) **Off weight-bearing assessment.** With the patient seated, match the orthotic up to the arch and check for congruency. Is there total contact? Is the length of the plastic shell appropriate? Does the heel cup fit their heel?



- 2) **Weight-bearing assessment.** Have the patient stand on their orthotic. With soft tissues now bearing load, does the orthotic still look like it fits well? Evaluate the heel cup and the arch to ensure proper fit. Look for changes in ankle, knee and hip position that you may have been trying to affect.



- 3) **Movement assessment.** As we've been saying, this is what it's all about. Have your patient walk run or jump and look for changes. Keeping in mind that change takes time, and alterations in movement patterns can take 6 weeks to be fully realized, it is important to assess baseline movement patterns with your patients.