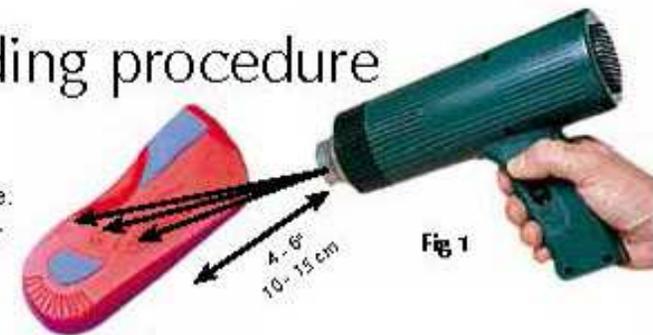


# VASYLI<sup>®</sup> custom heat molding procedure

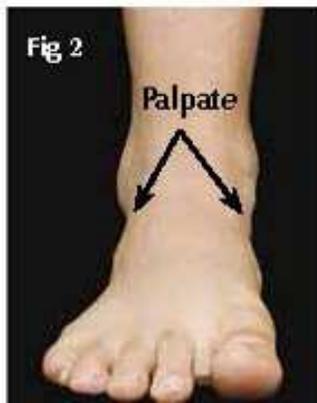
1. Remove – where possible, any existing insole from the patients footwear.
2. Place the orthotic of choice base up – see Fig 1 - on a heat resistant surface.
3. Apply heat in a waving motion into the rear foot over the thermal indicator STC areas – see Fig 1 - approx 200°F – 90°C.
4. When the Thermal Indicator and STC lettering disappears you have reached a molding temperature.
5. Place orthotic into footwear and with patient sitting fit the shoe – note: patient should be wearing socks for the fitting procedure - fitting is done one shoe at a time.
6. Place patient into STJ neutral via the Talo -Navicular technique – see Fig 2 – and support this position while patient stands with weight evenly distributed on both feet.
7. **IMPORTANT:** Maintain the STJ neutral position throughout weight bearing by tightly holding the tibia before and during standing.
8. Cup the heel, mold along the medial arch profile and push down into the forefoot.
9. Have the patient sit, remove the shoe, take out the orthotic and allow to cool. Repeat process for the opposite foot.



## Vasyli – Armstrong Diabetic Heat Molding Procedure – (Specific to this device ONLY)

1. Heat the entire base of the orthotic at a distance of 2" at around 300°F for approximately 30 seconds, Flip the device and repeat on the top surface.
2. Alternatively, place in a convection oven for approx 1-1/2 – 2 minutes at 275°F.
3. Toaster ovens and microwaves are not suitable.
4. With patient sitting and wearing socks, fit the orthotic into the footwear ensuring any existing insole has been removed and have the patient put on the shoe – fitting is done one shoe at a time.
5. As this device is designed for full contact support, have the patient stand with weight evenly distributed between both feet for approx 30 seconds.
6. Remove and let it cool while repeating the procedure for the opposite foot.

Go to [www.vasylimedical.com](http://www.vasylimedical.com) for heat molding video.



## Subtalar Joint Neutral

### Talo-Navicular Technique

To place the subtalar joint into neutral, place your thumb and index finger on either side of the talo – navicular joint and palpate. When the joint feels equal or congruent this represents a neutral alignment at the STJ. (i.e. no pronation or supination)

