

## Indications

- Great Toe Plantar Plate Injury (Turf Toe)
- Forefoot, Midfoot pain & strains
- Ankle sprains & strains
- Forefoot, Midfoot Arthritis
- Metatarsal Fractures
- Stress Fractures of the foot or ankle
- Metatarsophalangeal (MTP) joint injuries
- Forefoot, midfoot sprains/strains
- Hallux Rigidis / Hallux Limitus
- 5th Metatarsal post-op stable fractures
- Lis Franc injury
- Forefoot capsulitis
- Metatarsalgia
- Morton's neuroma
- Freiberg's infraction
- Cuboid Syndrome
- Sesamoiditis
- Sesamoid fractures

## Contraindications

- Moderate to severe spasticity of the foot and ankle.
- Open ulcers of the of the foot.
- Moderate to severe fixed ankle varus or valgus conditions.
- Non-correctable triplanar instability.
- Non-stable fractures.

## Cautions

- Risk of accident when driving a motor vehicle or machinery when wearing the carbon footplates is determined on a case by case basis. Criteria include the type of fitting (clinical picture, fitting) and the individual abilities of the carbon footplate user.
- Carbon footplates can only be worn in appropriate footwear (closed heel, closed toe, maximum sole height of 1").
- Make sure when you trim the orthotic, that it matches the full template of the shoe, to avoid leaving an edge under the plantar surface.

## Warranty

Townsend will repair or replace all or part of the product and its accessories for material or workmanship defects for a period of six months.

## Warnings / Precautions

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## Product Disclaimer

This orthotic should be used in accordance with the directives of your healthcare professional as part of a treatment plan for managing your total health. While this type of orthotic has proven beneficial to many patients, outcomes will vary based on factors including patient age, general health, and/or lack of compliance with instructions for how to put on and use the product. Because of variations in the health and condition of each patient, Townsend Design also does not make any specific recommendations regarding appropriate activities for the user of this orthotic.

## Foot plate preparation

### 1. Tracing Footwear Inlay

- Use the inlay from the footwear to measure the template size.
- Trace the template onto the carbon footplate.



### 2. Cutting the foot plate

- Using scissors trim the footplate to the correct template size.
- **Note:** *It is only possible to trim off the blue area with scissors, any rough edges can be sanded smooth.*



## Fitting instructions

- Remove the original inlay of the shoe, if removable.
- Place the carbon footplate inside the shoe.
- Place original inlay over the top of the carbon footplate (if there is no original removable inlay then disregard this step).
- With the shoe laces loose, slide the foot inside the shoe. This might require the use of a shoe horn.
- Ensure the heel sits flat on the sole and that the shoe heel is not distorted.
- Firmly fasten laces or other fastening mechanisms.
- Ensure comfort with no impingements prior to use.

## Washing Instructions

The footplate can be gently cleaned with mild soap and water.

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