

# **P** *Platinum® Collection*

## CUSTOM ANKLE BRACES



Platinum® Graphite



Platinum® Heat-Adjustable Plastic



Platinum® Diabetic



Platinum® Dorsi-Assist

### CUSTOM AFO — Plaster Casting Pictorial

\* *TIP:* Wear a bib-style apron to protect your clothing. Wear rubber gloves on both hands to protect your skin.



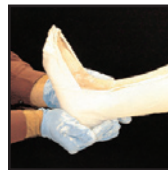
**1 >** Use four 30" plaster strips. Cast as traditional slipper cast.  
Hold at neutral.



**2 >** Make stirrup out of plaster. Wrap around plantar surface and up the medial and lateral sides of the calf.  
Hold and massage together.



**3 >** Apply a strip of plaster folded in half to reinforce the cast from the heel cup up the back of the leg.



**4 >** Hold around the malleoli, keeping the foot and ankle in neutral position.



**5 >** Mark the medial and lateral malleoli.



**6 >** Mark the 1st and 5th metatarsals.



**7 >** Peel off cast starting at calf and then the foot.



**PAL Health Technologies**

...it's about TIME!

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## CUSTOM ANKLE BRACES



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### CUSTOM AFO — STS Sock Casting Pictorial

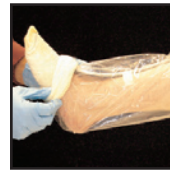
\* *TIP:* Wear a bib-style apron to protect your clothing. Wear rubber gloves on both hands to protect your skin.



**1 >** Apply protective plastic strip and channel tube to foot and leg as shown.

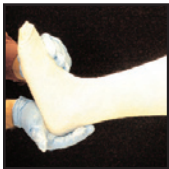
\* *CRITICAL:* Cover foot and leg with plastic bag.

Dip the STS sock in warm water, gently squeezing out excess water.



**2 >** Place sock over toes, lining up toe seam. Leave 1/2" of sock at end of toes to prevent curling.

Continue unrolling the sock over the heel and up the leg.



**3 >** Lift foot from 4th and 5th MPJ.  
Position foot in neutral locked at MPJ. Massage the entire cast, following the anatomic contours beginning with the foot. Pay particular attention to the arch area.

\* *TIP:* If cast becomes sticky, spray with water. Continue to smooth cast as you massage upward.



**4 >** Be certain to capture the contours of the malleoli as you continue massaging your way up the cast.



**5 >** Clearly outline the lateral and medial malleoli with a dark marker.

\* *TIP:* At this time, mark any other areas that may require special accommodations.



**6 >** Once cured, pull out the channel tube. Following the plastic strip, cut the cast from the top, continuing to the toes.



**7 >** Have the patient wiggle toes to aid with removal.

Carefully spread the STS cast open and remove from leg.



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