



## P R E S C R I P T I O N   W R I T I N G

This is a step by step guide on how to ace your orthotics prescriptions using our Blueprint Orthotics prescription forms. It is so important your prescription forms are filled out correctly with all the important information so our technicians can manufacture your orders perfectly.

### PRACTITIONER DETAILS

Filling out all your details in this section will help us identify where the order has come from and where we are returning it to. It is also super helpful to have your contact details should we need to contact you regarding your order.



### PATIENT DETAILS

Another really important section! Having the patients information will help us identify an order in the future should you want any repeats or alterations. We also ask for the shoe size and a template of the inside of the shoe the patient plans to use the orthotics for. Otherwise, we make the orthotics to the foot, and not the shoe. A dress shoe and a trainer have very different templates, so this is really important.



## DEVICE TYPE

Here you can select the device type required. From EVA, Poly Prop and Carbon Fibre, along with the different densities and thicknesses. The density and rigidity depends on the patients needs. A more rigid device can give more stability, but can be less comfortable than a more flexible one. Same with the different EVA densities. A higher density gives more control of the foot, while lower densities offer increased comfort.



## POSTING INSTRUCTIONS

The posting manages the pronation and supination of the foot. By tilting aspects of the device, this can control motion and pressures on joints depending on each patients needs.

## CAST MODIFICATION

A kirby skive is on the medial or lateral aspect of the heel at a 45 degree angle to give a varus wedge effect within the heel cup. Depending on the patient, this depends on how deep the kirby skive is.

The plantar fascial groove is to allow the plantar fascia to sit in the groove to offload pressures on the plantar fascia itself.



## SHELL REQUIREMENT

This section is for any modifications to the shell to help the movement of the foot. These modifications can also depend on the shoe type. A low heel cup is advised for fitting into a dress shoe. However, the higher the heel cup, the more supportive the device will be.



## PADDING REQUIREMENT

The padding requirements are for offloading and support. You can view the range of customisation options in our catalogue. This is available to download from our website at [www.blueprintorthotics.com](http://www.blueprintorthotics.com). This features the most popular padding requirements. However, if you require anything not available on the prescription form, please use the additional information section to mark out the padding needed.

## TOP COVERS / EXTENSIONS

This section is where you can customise your device from the covering lengths and top covers used, to the envelopes and base covers to give further protection to the devices. The extensions, heel to toe, is the extension materials i.e poron or EVA as a mid layer. Regular is the front (toe section) of the device only.

## ADDITIONAL INFORMATION

This is the area you can write any additional information we may need, or draw on the footprints provided to show where any padding may be needed, to give extra information. Please use the reverse of the prescription form if you need more space.

