

Intrinsic Corrections and Extrinsic Posting - Defined

Intrinsic corrections and extrinsic posting are terms that can be used when describing the anatomy of an orthotic, but are two very different things. These terms aren't always used correctly and the improper use of each and/or both terms can lead to a considerable amount of confusion!

At ProLab we define each as described below and explain our recommendations for when and where to use each effectively.

INTRINSIC CORRECTIONS

There is no such thing as intrinsic posting. The proper term is intrinsic corrections which are modifications to the positive mold (not the orthotic) and change the resulting orthotic shape.

There are several intrinsic correction (not posting) techniques:

Medial Skive

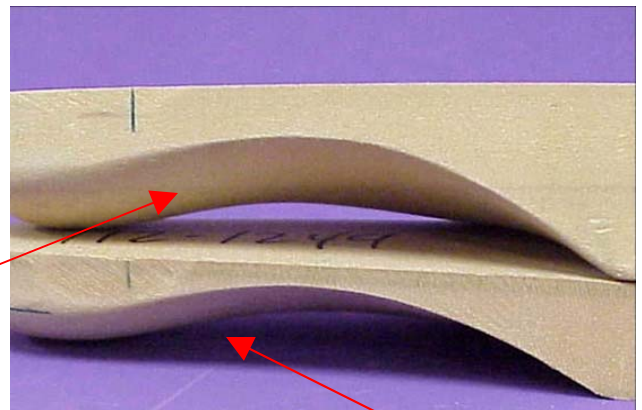
A medial heel skive is achieved when the plantar medial heel area of the positive mold is shaved down to create a 2, 4 or 6mm varus wedge effect within the heel cup. This causes the center of force the orthotic is applying to the heel to shift medially, increases supinatory torque, and stabilizes or inverts the rearfoot on the device.

Inverted Positive Cast

Inversion is used to increase the medial arch of the device, move the apex distally, and shift the center of the heel cup laterally. The positive mold is balanced with the heel in an inverted position relative to the supporting surface. The clinician can prescribe an inversion from 1 - 10 degrees. In extreme cases it may be necessary to invert more than 10 degrees (up to 35 degrees).



Medial Heel Skive



Inverted Positive Cast

Corrected, but not Inverted Positive Cast

INTRINSIC CORRECTIONS continued...

Spot Grind

A spot grind is when the inferior surface of the heel of the orthotic shell is ground off-center and laterally. This increases the contact area and stabilizes or inverts the orthosis at heel contact without adding an extrinsic rearfoot post. ProLab recommends a spot grind to lower the heel cup in the shoe (not to compensate for rearfoot varus or valgus) when not using an extrinsic rearfoot post.

Forefoot Varus or Valgus Positive Correction

Intrinsic forefoot correction is almost always done to correct the forefoot varus or valgus. The laboratory modifies the positive mold in such a way that the medial front edge of the device is forced to bend down to compensate for forefoot varus. The opposite on the lateral side is done for valgus. There is no additional material added under the front of the orthotic for either correction.



Spot Grind



Intrinsic Forefoot Correction Result

EXTRINSIC POSTING

A post is an additional piece of durable material placed under the orthotic. A post may be necessary at the front (forefoot) and/or the rear (rearfoot) of the orthotic and is always extrinsic (extrinsic posting).

Extrinsic Forefoot Posting

Added to tilt the front of the orthotic to the ground or to substitute a forefoot intrinsic correction of the positive cast (i.e. forefoot varus post of 5 degrees).

Extrinsic Rearfoot Posting

One of the most common additions to an orthotic. Added to increase plantar surface area and stabilize the orthotic in the shoe. ProLab almost always recommends an extrinsic rearfoot post on every orthotic.

Extrinsic Forefoot Post



Extrinsic Rearfoot Post

- There is no scientific evidence proving either 0/0 or 4/4 motion is better than the other
- ProLab never recommends a varus rearfoot post, as it destabilizes the front edge of the orthotic