**Accommodation Options**

**PADS**

- **Heel Cushion**
  Poron cushioning of the entire heel area.

- **Met Bar**
  1/8” poron to protect the met heads and offer cushioning and support.

- **Arch Pad**
  1/8” poron that is skived to be flush with the shell. Increases arch with soft support.

- **Horseshoe Pad**
  Poron horseshoe shape for padding around the heel. This is used to offload center of heel.

- **Hole in Heel**
  This is a hole drilled out of the shell and filled with a Poron plug. This allows cushioning for the heel without adding bulk to the device.

- **Met Pad**
  Poron pad skived and raised in the center. Helps with specific offloading for neuromas and metatarsalgia. Poron makes this pad comfortably effective.

**CUT OUTS**

- **1st Ray Cut Out**
  This is designed to assist the first ray to drop on the push off phase of gait. It is a mild cut out while still keeping the medial side of the orthotic in tact.

- **1st Ray Cut Out Cuneiform**
  This is a more aggressive approach to drop the first ray. Dropping the first ray can be an effective approach to plantar fasciitis.

**EXTENSIONS**

- **Morton’s Extension**
  This can be made from different materials. A common material is a Corex blend that offers medium control. This helps with Hallux Rigidus during push off.

- **Morton’s Extension Reverse**
  This is used to promote motion for Hallus Limitus. This is a similar idea to a first ray cut out, but we add 1/8” corex to sulcus.

- **Dancer Pad**
  This shifts weight away from the big toe joint and the sesamoids. We use poron to get comfort and rebound.