

## HEAT MOLDING TECHNIQUE FOR PREFABRICATED INSERTS

The patient may be seated or standing during the direct molding process.

**I. *Preheating the Insert:*** Heat the insert using *either* of the following methods:

- a. *Using a heat gun set* at a minimum of 230°F, heat the prefabricated inlay on the top and bottom of the device until it is soft and malleable (approximately 2 minutes).
- b. *Using an oven set* at 250 °F, place the entire device in the oven with the pink side up. Heat inserts for approximately 1-2 minutes until they are soft and malleable.



**Caution:** Do not heat the inserts to a point where they are too hot to handle with bare hands to avoid burning the patient's skin.

**II. *Positioning the Foot:*** Cover the patient's foot with a sock or other protective material. Place the heated device on a foam block. Position the patient's foot on top of the heated device and hold the foot in neutral position.

**III. *Molding the Prefabricated Insert:*** Mold the insert up to the patient's arch while the device is warm. Remove the patient's foot from the insert after the device has cooled (approximately two minutes).



**IV. *Checking for Total Contact after Molding:*** Remove the insert from the foam block and place on the floor. Position the patient's foot on top of the molded insert. Check to see if the arch on the insert is high enough to achieve total contact with the patient's foot.



**V. *Modification of the Insert to achieve Total Contact:*** Add additional material to the arch to achieve total contact when necessary.

