



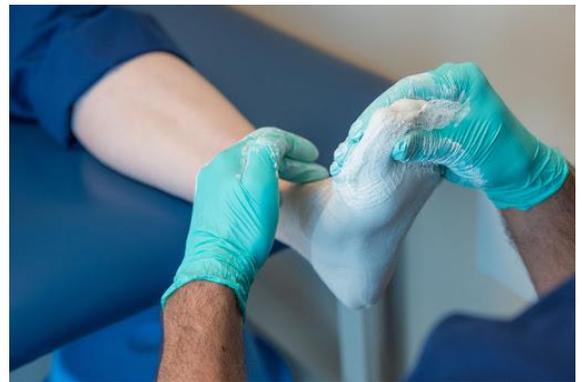
Center of Excellence of Prosthetics and Orthotics (CEPO)

CEPO Process for Custom Made Insoles and Sandals

1. **On the first Visit (Approximately 45 minute):** The first visit we will discuss the patients symptoms and problems after which we will do a thorough clinical examination. Based on the results the team will inform on the different treatment options available best suitable for the individual patient. We will also discuss important aspects of appropriate shoes depending on the patient's condition.

We have three different options for insoles:

- a. Casting: Casting is used in selected cases depending on the pathology for example patients with diabetic ulcers where complex off loading of the ulcers is needed. The cast is modified and used as a mold for the insole. The insole is molded on the cast using vacuum.



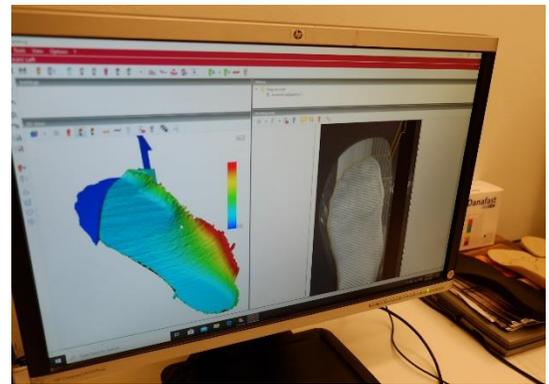
Source: <http://www.fishmanfootcare.com/custom-molded-orthotics/>

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- b. 3D scan: A 3D scan can be used in most cases. The scan is modified in an advanced software where we are able to compensate for most common foot disorders.



3D foot scanning process



3D modification process

- c. Off the shelf (OTS) insoles: Already made insoles is many times used for children, especially while growing. We use high quality insoles that can be modified and adjusted for the individual patient.



Source: <https://www.spsco.com/apex-conform-insole-w-gel.html>



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Our option for Sandal

Our custom made sandals are made from a 3D scan of the patients feet. Using our advanced software, we can modify the sandal to treat most of the common foot disorders. The sandals comes in many different designs and fashions.



Examples of Sandal design

3D Milling. Once the scan is modified in the software we send the file to a 3D milling machine that will carve out the insole or sandal bed in EVA material. After milling, the sandal will be further trimmed and finalized manually before it is ready to be fitted for the patient.



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2. The Second visit: It is usually 2-4 days after the first visit and will take approximately 45 minutes to 1 hour for insoles fitting and 3-4 hours for custom sandal fitting. Now the insole or sandal is ready to be fitted for the patient. Insole patients will need to bring the shoes into which the insole is to be fitted so that the insoles can be perfectly adjusted. To finalize the sandals we will adjust and fit the upper leather chosen. It is important that the upper leather fits perfect in each case so that the sandal can be worn comfortably. Once the upper leather is fitted, we will glue on the high quality rubber sole.



Fitting sandal straps

3. Follow up : The time from delivery to follow up is individual. It can take some time before the patient gets used to wear the insoles or sandals. Therefore, we usually recommend that the sandals or insoles are used for at least two weeks before follow up or when the patient wish to come for a consultation.