

## Orthotics by Paromed – Element Values and Locations

<b>Element Values for Orthotics by Paromed</b>			
<b>Element</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>
Met dome	3	6	9
Met Bar	3	5	7
Kirby Skive	12	20	
Morton's Extension	3	5	7
Reverse Morton's (2-5)	3	5	7
PMP	3	5	7
Cuboid Notch	2	4	6
Fascial Groove	2	3	4
Heel Cup (note this is the height added to lift up the whole heel cup)	0.00	2.50	5.00
Midfoot Pad	1	2	3
Poron Fill	FF = -2.0mm		RF = -3.0mm
<b>Note: all values are in mm</b>			

