

Foot Health 2022

Hapla Padding and Retentive Strapping for the Lower Limb

09.15	Introduction and mini-presentation - the function and clinical application of padding and retentive strapping
09.30	Demonstration and Workshop – Manufacture of the <i>replaceable toe prop</i> (to extend digits and reduce digital apical, dorsal interphalangeal and plantar metatarsophalangeal joint pressure)
10.15	Demonstration and Workshop – The <i>plantar metatarsal pad</i> and the <i>metatarsal shaft pad</i> (to encourage digital extension and offer restoration of the tarso-metatarsal joint function)
11.00	Break
11.15	Demonstration and Workshop - Manufacture of the <i>valgus or arch filler pad</i> (for talar head support and reduction of heel weight bearing)
11.45	Demonstration and Workshop – protective padding for hallux abducto-valgus/Tailor’s bunion - the <i>‘nested’ cavity pad</i> and the replaceable pad alternative
12.15	Demonstration – <ol style="list-style-type: none">1. A rapid application of the <i>plantar cover pad</i> with retentive strapping for plantar pressure reduction using felt and foam paddings2. Enhancing the function of the <i>heel pad</i>
12.30	Summary and Close

Delegates to bring their own scissors and a gauze applicator