



Home Orthotic Fabrication Safety Instructions

Be extremely cautious and do not burn yourself or your partner

Heating Source:

- Utilize a deep based skillet, electric skillet, or cake pan
 - Do not use cast iron or ceramic as you will not be able to lower the water temperature quickly if needed



- Line the bottom of the skillet with one layer of parchment paper or paper towel to prevent sticking



Water temperature:

- Turn stovetop to simmer (if possible) or low and allow to heat up. Do not turn it up higher to heat the water quicker
 - Average temperatures for stove settings:
 - Simmer: 140° F
 - Low: 195° F
- Check the water temperature with a cooking thermometer
 - Preferred temp is 155-160°



- If the water is boiling (212° F) it is too hot and will burn! Turn off the stovetop



Safety reminders:

- Completely dry off the thermoplastic before fabricating
 - Moist heat transfers faster and increases risk of burns
 - Towels or pillow cases may be used to dry material



- Thermoplastic material (especially more rigid materials like Ezeform) will hold heat
 - Be sure to check the material temperature on your skin before fabricating



Equipment & fabricating reminders/tips:

- Removal of thermoplastic from heat pan
 - Use a pancake flipper to get the material out of the pan
 - A spatula or cooking spoon would work as well if needed



- Scissors
 - Any scissors will work ok, although they may leave some edges in the material. Remember to cut using long strokes and smooth edges after the orthosis is completed
 - Scissors sharpeners may prevent edges in thermoplastic



- Smoothing and flaring edges
 - You will not have the heat gun, so use the heated water for smoothing and flaring edges.





- Dynamic components
 - Cable wire can be bent a few different ways
 - Needle nose or other types of pliers
 - Edge of a countertop
 - Cutting the cable may be an issue
 - Wire cutters will work, some needle nose pliers have wire cutters as well
 - If wire cutters are not an option, scrap thermoplastic can be used to make the dynamic components