Determining Stirrup Placement

For an AFO Without Tibial Torsion

- For this demonstration a Left AFO is being fabricated
- Draw a line across the width of the paper 3” from the bottom (baseline)

- Locate the toe-in/toe-out measurement on the orthometry form
- If placing on a (L) shoe establish a toe-in/toe-out line on the right side of the baseline. Reverse this if placing on a (R) shoe. Extend the line below the baseline

- Find the mid-point between the top lace section and the back of the heel on the medial side
- Drop this mark perpendicularly and mark the sole at that point

- Place the shoe on the diagram so that:
  - the medial border is on the toe-in/toe-out line
  - the mark on the medial sole edge is on the baseline
- Mark the lateral sole edge where the baseline intersects

- Remove the shoe from the diagram and turn it over so that the sole faces you
- Transfer the marks on the sides of the sole to the bottom of the sole
- Connect the marks with a light straight line
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- Measure back 3/8” and draw a second heavier line
- The back edge of the stirrup will be lined up on this line

- Place the stirrup on the shoe so that the posterior edge of the stirrup is on the positioning line
- Trace the outline of the stirrup on the sole
- Determine where the holes in the tongue are to be drilled, mark and center punch them

- Bend the tongue of the stirrup to conform to the curve of the sole leaving a clearance of 3/16” to 1/8” at the anterior most point
- Drill all holes in the stirrup using an appropriately-sized drill for a #8 rivet
- Countersink all holes on bottom of the stirrup

- Place the stirrup back on the shoe and mark the locations of the holes on the sole
- Drill one 3/16” hole in the sole and place a rivet through this hole from the inside out to position the stirrup
- Drill the remaining holes using the stirrup as a guide placing a rivet through each hole after drilling
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- You are now ready to rivet the stirrup to the shoe