FIREFLY

CUSTOM MADE FOOT ORTHOSES

CATALOGUE

INTRODUCTION

We are the supplier of premium, custom made foot orthoses and Richie Brace AFOs to the podiatry profession across the UK and Ireland.

For two decades Firefly has been setting the standard in the foot orthotic industry providing best in class orthoses with industry leading technical support, helping our customers achieve better patient outcomes.

Today, Firefly stands at the forefront of providing sustainable, plant-based orthoses. We are shifting away from high-waste manufacturing processes such as direct milling and the provision of shell materials derived from the petroleum industry, such as polypropylene and carbon fibre.

We recently invested €1,000,000 in our advanced manufacturing facility in Sligo, Ireland. From there, we print sustainable orthoses using Polyamide 11 (PA11) in our HP MJF 5200 printing stations. PA11 is a by-product of the castor plant. It's entirely sustainable and used in various healthcare and medical applications.

Firefly's FUSION Plus iOS application completes our digital end-to-end order creation and manufacturing process. Search FUSION Plus in Apple's App Store to find our prescription writing and anatomy capture app.

SHELL MATERIALS



PA11 (nylon 11) is a sustainable, robust and lightweight alternative to polypropylene. It is our 3D printed material of choice that aligns with Firefly's advanced manufacturing profile. A derivative of the castor bean plant, PA11 is an entirely sustainable product with characteristics recognised for its strength, rebound and toleration for repeated biomechanical stress. It allows greater design flexibility than our other range of materials - offering the potential to incorporate features such as met pads and heel lifts directly into the shell, creating a unitised device. The manufacturing process means the device holds its shape longer than our other materials. PA11 is available as a naked shell (without top or bottom covers), thanks to our industry leading post-production treatment. It offers a wide variety of flexibility allowing you to design the perfect product for your patient.



Polypropylene is a vacuum formed thermoplastic, derived from petroleum hydrocarbons and is also known for it its strength, rebound and toleration for repeated biomechanical stress. It is a material for everyday orthotics that provides biomechanical support while offering a range of flexibilities suitable for a wide variety of patients. For years this has been the go-to material for orthotic therapy however, we believe the benefits of PA11 far out weigh those of polypropylene.



XT Sprint is a vacuum formed poly-carbon graphite composite shell. XT Sprint shells offer excellent flexibility for running, tennis or any high impact sports. It offers great control and is thinner, therefore less bulky than polypropylene.



TL2100 is a thermoplastic acrylic carbon fibre composite laminate available in 2.2mm semi-rigid and 2.8mm rigid versions. Similar to XT Sprint, but offers greater rigidity. This material is suitable for devices designed for slim fitting male and female dress shoes. Not advisable for athletic footwear due to its rigidity. Modifications are limited; max heel cup depth of 18mm. Sweet spots, fascial grooves, rigid first extensions are not compatible.



Performance Rx has similar characteristics to polypropylene but is more suitable for high impact environments. This material can withstand plenty of bending, flexing and stress punishment. Suitable for low profile requirements with a maximum heel cup depth of 18mm. This is not suitable for larger shoe sizes and has limited shell modification options due to the size of the preformed moulded shapes it comes in. Performance Rx is available in three levels of rigidity only so it's something to bear in mind when choosing a material for a heavier or lighter patient.

ORTHOTIC LENGTHS

What dictates the length of a foot orthotic?

Considerations: current footwear/required footwear, patients' anatomy, pathology and activity levels.

If it's likely the patient will move the devices between footwear types, then a met length device is most appropriate, as it is most versatile.

Met Length: ideal if the patient wishes to alternate their orthoses between different types of footwear. Sometimes referred to a three-quarter length device.

Sulcus Length: offers the opportunity for offloading or cushioning of met heads without compromising too much on footwear. This can be beneficial for patients who need more cushioning or offloading at the metatarsal heads due to increased pressure.

Full Length: if the footwear features a removable liner, then a full length device is a great option to replace the liner allowing maximum cushioning for the entire foot including the toes. To accommodate a full length orthotic, it is advisable that the footwear's insole is removed before the orthotic is inserted. Full length devices are commonly used in sports footwear.



Met Length

Device shell and covering material ends proximal to the metatarsal heads.



Sulcus Length

Device shell ends proximal to the metatarsal heads. Additional material(s) extend under the metatarsal heads and ends just before the toes.



Full Length

Device shell ends proximal to the metatarsal heads. Additional materials extends the device from heel to toe and covers the entire base of the footwear.

FUNCTIONAL STANDARD

Designed for everyday footwear.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 12-14mm heel cup depth
- Functional shell grind
- Unitised extrinsic rearfoot posts
- Vinyl top cover to mets



APPLICATION

Most everyday footwear with moderate to deep heel depth.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene, Performance Rx, XT sprint or TL2100 shells (EVA rearfoot posts with nylon strike plate)

STANDARD SLIMLINE

Designed for lower volume footwear, such as formal dress shoes.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 8-10mm heel cup depth
- Moderate/slimline shell grind
- Unitised shallow extrinsic rearfoot posts
- Microsuede top cover to mets



APPLICATION

Most lace-up or slip-on casual dress shoes with heel heights less than 3cm and with moderate to low volume heel depth areas.

OPTIONAL SHELL MATERIAL

Vacuum formed Polypropylene, Performance Rx, XT sprint or TL2100 shells.

LOW HEEL CUP SLIMLINE

Designed for very low volume footwear.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 4-6mm heel cup depth
- Slimline shell grind
- Unitised shallow extrinsic rearfoot posts
- Microsuede top cover to mets



APPLICATION

Most lace-up or slip-on casual dress shoes with heel heights less than 3cm and with low volume heel depth areas.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene, Performance Rx, XT sprint or TL2100 shells (low profile EVA rearfoot posts with nylon strike plate).

COBRA

Modified shell style designed for heeled footwear

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- Cobra shell grind
- Microsuede top cover to sulcus
- 1.5mm Poron forefoot extension to sulcus
- Vinyl bottom cover



APPLICATION

Most dress shoes with heel heights greater than 3cm.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene shell.

STANDARD SPORT

Designed for higher volume athletic footwear.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 16mm heel cup depth
- Sport shell grind (wider than functional)
- Unitised extrinsic rearfoot post
- Full length 3mm Neoprene top cover
- Vinyl bottom cover



APPLICATION

Most sport footwear with moderate to deep heel depth areas.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene, Performance Rx or XT sprint (EVA rearfoot posts with nylon strike plate).

LOW PROFILE SPORT

Designed for lower volume athletic footwear.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 12mm heel cup depth
- Mild hourglass grind
- Unitised extrinsic rearfoot posts
- Full length 1.5mm puff top cover
- 1.5mm full length Poron forefoot extension
- Vinyl bottom cover



APPLICATION

Most sports/athletic footwear with moderate to low heel depth areas. Works well with cycling and golf shoes.

OPTIONAL SHELL MATERIAL

Vacuum formed Polypropylene, Performance Rx or XT Sprint (EVA rearfoot posts with nylon strike plate).

IMPACT SPORT

Designed for higher level control and maximum shock attenuation in athletic footwear.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 16mm heel cup depth
- Sport shell grind (wider than functional)
- Intrinsic rearfoot posts
- Full length 3mm blue puff top cover
- 1.5mm nyplex bottom cover
- Poron arch fill



NOTE

Available with unitised EVA and dual density rearfoot post if requested.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene, Performance Rx, XT sprint).

APPLICATION

Most sports/athletic footwear with moderate to deep heel depth areas where maximum shock attenuation is important.

SOCCER SPORT

Specifically designed for low volume football boots.



LAB STANDARD DESCRIPTION

- Semi-flexible 3D Printed PA11 shell
- Full length 1.5mm Puff top cover
- 10mm heel cup depth
- Hourglass grind
- 1.5mm Nyplex fore-foot extension
- Vinyl bottom cover
- Intrinsic rear-foot post

OPTIONAL SHELL MATERIAL

Polypropylene, Performance Rx, XT Sprint (EVA rearfoot posts with nylon strike plate).

APPLICATION

Most sports/athletic footwear with moderate to low heel depth areas. Rugby, football, soccer etc.

STANDARD MOULD

Designed for everyday shoes where patients who need excellent shock absorption and cannot tolerate the rigidity of a functional shell.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi flexible shell
- 16mm heel cup depth
- Functional shell grind
- Intrinsic rearfoot posts
- Full length 3mm black Puff top cover
- 1.5mm Nyplex bottom cover
- Poron arch fill



APPLICATION

Arthritic and/or hypersensitive feet in most footwear with moderate to deep heel depth areas.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene, Performance Rx or XT sprint.

LOW PROFILE MOULD

Designed for lower volume footwear where patients who need excellent shock absorption and cannot tolerate the rigidity of a functional shell

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi flexible shell
- 12mm HC depth
- Functional shell grind
- Intrinsic rearfoot posts
- Full length 1.5mm black puff top cover
- Microsuede bottom cover
- Poron arch fill



APPLICATION

Arthritic and/or hypersensitive feet in most footwear with moderate to low heel depth areas.

OPTIONAL SHELL MATERIAL

Vacuum formed polypropylene, Performance Rx or XT sprint.

RA SOFT MOULD

Designed for advanced arthritic or hypersensitive feet.

LAB STANDARD DESCRIPTION

- Rubberflex & Cork shell
- 16mm heel cup depth
- Functional shell grind
- Intrinsic rearfoot posts
- 1.5mm puff midlayer
- 1.5mm poron top cover
- 1.5mm nyplex bottom cover
- Poron arch fill



APPLICATION

Arthritic and/or hypersensitive feet in most footwear with moderate to deep heel depth areas where patients would not tolerate a more rigid shell.

DIABETIC TRIDENSITY

Designed for the diabetic foot.

LAB STANDARD DESCRIPTION

- Rubberflex & cork shell
- High density 50 Durometer fisher foam arch fill
- 18mm heel cup depth
- Functional shell grind
- Intrinsic rearfoot posts
- Full length 3mm pink P-Cell & 3mm Poron top cover
- 1.5mm Cork bottom cover



APPLICATION

At risk Diabetic/sensitive feet in most footwear with extra deep heel depth areas.

RA/DIABETIC SEMI-FLEX / SEMI-RIGID MOULD

Designed for diabetic/RA patients giving the podiatrist greater influence over the control level of the device.

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi flexible shell
- 18mm heel cup depth
- Functional shell grind
- Intrinsic rearfoot posts
- Full length 1.5mm black puff top cover
- 1.5mm Poron midlayer
- Poron arch fill
- Agoflex bottom cover



APPLICATION

Arthritic/Diabetic and/or hypersensitive feet in most footwear with deep heel depth areas.

NOTE

Available as a semi-rigid device for patients that require a more controlling device.

UCBL

Designed for maximum control of the subtalar joint function

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 26-30mm heel cup depth
- Full width shell grind
- Unitised extrinsic rearfoot posts
- 1.5mm puff top cover to mets



APPLICATION

Maximally or medially deviated STJ axis, benign hypermobility, tarsal coalition with athletic or practical footwear with deep heel area

OPTION SHELL MATERIALS

Vacuum formed polypropylene (EVA rearfoot posts with nylon strike plate)

ROBERTS WHITMAN

A functional shell featuring a medial and lateral flange

LAB STANDARD DESCRIPTION

- PA11 (3D printed) semi rigid shell
- 16mm heel cup depth
- Medial and Lateral flanges
- Unitised extrinsic rearfoot posts
- 1.5mm puff top cover to mets



APPLICATION

Extreme overpronators with athletic or oxford style footwear. Sometimes more easily tolerated than UCBL device.

OPTIONAL SHELL MATERIALS

Vacuum formed polypropylene (EVA rearfoot post with nylon strike plate).

EVA

A functional shell style made from medium Durometer EVA

LAB STANDARD DESCRIPTION

- Rubberflex shell
- Medium Durometer EVA arch fill
- 14-16mm heel cup depth
- Functional shell grind
- Vinyl to cover to mets
- Vinyl bottom cover



APPLICATION

Arthritic/Diabetic and/or hypersensitive feet in most footwear with deep heel depth areas.

OPTIONAL SHELL MATERIAL

Low or High density EVA fill

GAIT PLATE

A modified functional shell to induce in-toeing or out-toeing in children

LAB STANDARD DESCRIPTION

- Semi rigid polypropylene shell
- 14-16mm HC depth
- Gait plate extension medially or laterally as required
- EVA rearfoot posts
- 1.5mm puff top cover to cover shell



APPLICATION

Children's athletic or Oxford style footwear



NOTE

Induce in-toeing extension is medial.

Induce out-toeing extension is lateral.

OPTIONAL SHELL MATERIAL

None

HEEL LIFT

MATERIAL / CHARACTERISTICS

Durometer EVA material.
1mm to 12mm thicknesses available.

LOCATION

Located plantar to extrinsic rearfoot post.

INDICATIONS

Leg length discrepancy.
Achilles tendinitis.
Tight calf.



HEEL PAD

MATERIAL / CHARACTERISTICS

3mm Poron.
Edges tapered for comfort.

LOCATION

Covering the entire surface of heel cup, extending distally to level of anterior calcaneus.

INDICATIONS

Heel pain.
Heel spur.
Reduced fibro-fatty pad.



MORTON'S EXTENSION

MATERIAL / CHARACTERISTICS

3mm Cushion Cork

LOCATION

Sub 1st Metatarsal-phalangeal joint extending from distal end of shell to sulcus.

INDICATIONS

Short 1st metatarsal in relation to length of 4th/5th metatarsals, Dorsiflexed 1st Ray, Hallux Limitus (mild).



REVERSE MORTON'S EXTENSION

MATERIAL / CHARACTERISTICS
3mm Cushion Cork.

LOCATION
Applied to distal dorsal aspect of shell extending to sulcus, supporting 2nd to 5th metatarsals.

INDICATIONS
Where the addition or modification will be located on the orthotic device.

CONTRAINDICATIONS
Hallux limitus/rigidus.



FUNCTIONAL HALLUX LIMITUS ACCOMMODATION

MATERIAL / CHARACTERISTICS
3mm Cushion Cork. Includes anatomical cutout at 1st metatarsophalangeal joint (MPJ).

LOCATION
Applied from distal plantar aspect of shell extending to sulcus.

INDICATIONS
Functional hallux limitus: (Normal 1st MPJ ROM non-weight-bearing, becomes reduced when weight-bearing dorsiflexes 1st ray).

CONTRAINDICATIONS
Anatomical hallux rigidus/limitus 1st MPJ O/A with osteophytic lipping.



FOREFOOT/MPJ LESION ACCOMMODATION

MATERIAL / CHARACTERISTICS
3mm Cushion Cork extension (EVA option available).

LOCATION
Forefoot extension tapered onto distal / dorsal aspect of shell extending to level of sulcus (1-5) with cut out to lesion site (as marked on negative cast).

INDICATIONS
What pathological features are present that indicate the application of the addition or modification.

CONTRAINDICATIONS
Will add extra thickness in forefoot area, therefore, not recommended unless footwear can accommodate adequately.



METATARSAL PAD

MATERIAL / CHARACTERISTICS

Prefabricated Poron Pad (Tear-drop shaped) (small, medium, large size based on foot size).

LOCATION

Centred on 3rd metatarsal, extending 3-4mm beyond distal edge of shell.

INDICATIONS

Reduced transverse arch, Metatarsalgia, Dropped lesser metatarsal, Forefoot callusing, Interdigital neuroma, Intermetatarsal-phalangeal bursitis.

CONTRAINDICATIONS

Rigid/immobile forefoot.



HORSESHOE SPUR

MATERIAL / CHARACTERISTICS

3mm Poron heel pad with “u-shaped” cutout at the medial calcaneal tubercle.

LOCATION

Heel cup

INDICATIONS

Heel spur.
Reduced fibro-fatty pad.



METATARSAL BAR

MATERIAL / CHARACTERISTICS

Prefabricated Poron pad (small, medium, large sizes based on foot size).

LOCATION

Centred on 2-4 metatarsals, extending 3-4mm beyond distal edge of shell.

INDICATIONS

Metatarsalgia.
Forefoot callusing.



METATARSAL RAISE

MATERIAL / CHARACTERISTICS
3mm Poron.

LOCATION
Spans from 1st to 5th metatarsals (shaft to metatarsal heads) and positioned at dorsal distal aspect of shell.

INDICATIONS
Metatarsalgia
Forefoot callusing



ARCH FILL

MATERIAL / CHARACTERISTICS
Poron / EVA / Cork

LOCATION
Chosen Metatarsal applied to plantar aspect of device, ground flush with rear foot stabiliser, tapered on sides.

INDICATIONS
Heavier or obese cases requiring extra support / reinforcement.
Extreme pes planus cases requiring firmer / reinforced MLA support.

CONTRAINDICATIONS
Flexible device desired (fill will increase rigidity)



NEUROMA PAD

MATERIAL / CHARACTERISTICS
3mm Poron pad.

LOCATION
Centred between 3rd and 4th metatarsal heads.

INDICATIONS
Interdigital Neuroma
Intermetatarsal bursitis



CUBOID PAD

MATERIAL / CHARACTERISTICS

3mm Poron
NOTE: custom orthoses will most often support the lateral column adequately as the contour of the LLA is captured in the negative.

LOCATION

Sub base of 5th metatarsal/cuboid

INDICATIONS

What pathological features are present that indicate the application of the addition or modification.

CONTRAINDICATIONS

Inappropriate use may prematurely lock calcaneal-cuboid joint possibly resulting in midtarsal ligament strain, cuboid contusion and/or lateral plantar nerve entrapment.



SULCUS CREST

MATERIAL / CHARACTERISTICS

6mm Poron, tapered and reduced to follow anatomy.

LOCATION

Applied in area of sulcus to support central segments of 2 to 5 digits.

INDICATIONS

Fixed clawed/hammer toe deformities, Apical lesions (corns, callus, ulcerations due to pressure).

CONTRAINDICATIONS

Hallux rigidus / limitus
1st MPJ O/A.



DANCER'S PAD

MATERIAL / CHARACTERISTICS

3mm Cushion Cork. 1st metatarsal shell cut out is recommended

LOCATION

Applied to dorsal aspect of shell at apex of medial longitudinal arch and extends to sulcus. Cushion Cork extends sub 2nd to 5th metatarsals.

INDICATIONS

Rigid, severely plantarflexed 1st ray Sesamoiditis , fractured sesamoid, contused sesamoids.

CONTRAINDICATIONS

Hallux rigidus / limitus
1st MPJ O/A.



AMPUTATION ACCOMMODATION P/F FOREFOOT

MATERIAL / CHARACTERISTICS

Plastazote block built on 3mm Polypropylene or cork base (stiffens device to prevent pinching).

LOCATION

Full/Partial forefoot block in area of missing anatomy.

INDICATIONS

Surgically or trauma induced amputation of forefoot anatomy.

CONTRAINDICATIONS

No missing anatomy

No accommodation required if missing middle digits or 5th only.

Note: Footwear required for this addition.



PRODUCT GUARANTEES & POLICIES

Access and view Firefly's product guarantees and policies via the QR code below.

1st MET CUT OUT

LOCATION / CHARACTERISTICS
Corner of shell material removed in area of 1st MPJ.

INDICATIONS
Dancer's pad/FHL accommodation.
Plantarflexed 1st ray.

CONTRAINDICATIONS
Hallux limitus/rigidus 1st MPJ O/A.



1st MET CUT OUT WITH SUPPORT POST

LOCATION / CHARACTERISTICS
As per "1st met cut-out", with EVA post applied to plantar aspect of device in area of cut-out to prevent excessive de-flexion of shell.

INDICATIONS
High weight bracket (>200 lbs).

CONTRAINDICATIONS
Extrinsic forefoot post FHL addition (above already adds EVA to area of support post).



1st RAY CUT OUT

LOCATION / CHARACTERISTICS
Corner of shell material removed in area of 1st MPJ.

LOCATION
Dancer's pad/FHL accommodation.

Plantarflexed 1st ray.

CONTRAINDICATIONS
Hallux limitus/rigidus 1st MPJ O/A.



RIGID 1st EXTENSION

MATERIAL / CHARACTERISTICS

Extension of shell material sub 1st metatarsal-phalangeal joint.

Not available in Performance Rx shell.

LOCATION

Continuation of shell material to sulcus or toes.

INDICATIONS

Hallux limitus.

Short 1st metatarsal with hallux limitus or pain on dorsiflexion.

Turf toe.

CONTRAINDICATIONS

Normal 1st MPJ ROM (will act as a splint/

facilitate low gear toe-off).



MEDIAL FLANGE

LOCATION / CHARACTERISTICS

Medial border of device extended to encompass more of MLA
Maximize control/contact area between foot and device.

INDICATIONS

Excessively pronated foot type.
Medially deviated STJ axis.

CONTRAINDICATIONS

What pathological features are Footwear that cannot accommodate the extra width needed for device.
'Up not out' flange available of the addition or modification.



LATERAL FLANGE

MATERIAL / CHARACTERISTICS

Lateral border of device extended to encompass more of the LLA.

LOCATION

Supinated foot type.
Chronic lateral ankle instability.

INDICATIONS

Shell flared vertically instead of wide.



ORTHOTIC WIDTH-WIDE

CHARACTERISTICS

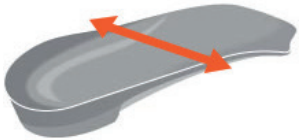
Shell to be 3-4 mm wider than lab standard.

INDICATIONS

Excessive pronator to maximize contact area with plantar surface area.

CONTRAINDICATIONS

Low profile/narrow footwear



ORTHOTIC WIDTH-NARROW

CHARACTERISTICS

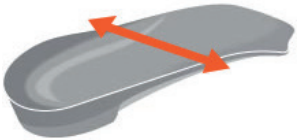
Shell to be 3-4 mm narrower than lab standard

INDICATIONS

Slender/narrow foot-type low profile footwear.

INDICATIONS

Wide footwear or deep heel cup (>14 mm).



HEEL SPUR ACCOMMODATION

MATERIAL / CHARACTERISTICS

Cavity in shell material, filled with Poron and contoured to shape of heel cup.

LOCATION

Medial calcaneal Tubercle.

INDICATIONS

Heel spur, reduced fibro-fatty pad.

CONTRAINDICATIONS

No extrinsic rearfoot stabiliser (excluding moulds, sport impact devices).

CONTRAINDICATIONS

No extrinsic rearfoot stabiliser (excluding moulds, sport impact devices).



HEEL HOLE

MATERIAL / CHARACTERISTICS

25mm/32mm in diameter (based on foot size) hole through shell material.

LOCATION

Centre of heel

INDICATIONS

Heel spur.
Minimise thickness of device in heel area.



DELL / SWEET SPOT

LOCATION / CHARACTERISTICS

Depression/cavity in shell material (in area as marked on casts), filled with Poron to contour surrounding shell shape.

INDICATIONS

Accessory navicular bony exostosis
Prominent navicular/cuneiform.
Base of 1st met, base of 5th met, styloid process or plantar fibromas.

CONTRAINDICATIONS

Desired sweet spot in area which will not be in contact with device.

SHELL LIMITATIONS

This modification can not be used with Performance Rx or TL2100 shell materials.



FASCIAL ACCOMMODATION

LOCATION / CHARACTERISTICS

Groove incorporated into shell material in area of medial plantar fascial ligament/flexor hallucis brevis (as marked on casts).

INDICATIONS

Anatomically tight plantar fascia (especially if prominent with dorsiflexion of 1st MPJ).

SHELL LIMITATIONS

This modification can not be used with Performance Rx or TL2100 shell materials.



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