



Dear Podiatrist,

Thank you for your continued trust and support in QOL. We aim to provide custom orthotics and Richie braces to the highest standards, back by unmatched service and clinical advice. We are continuing to evolve the business to ensure we can deliver on this promise. We have some exciting updates we'd like to share.

### **Prescription Pads**

We've made some changes to our paper prescription form to reflect the increased range of shell materials. We are able to produce 3D printed orthotics and full length milled EVA orthotics from physical casts. If you select any of the 'Digital Shell' options, we are able to accurately scan the inside of the negative cast, model the scan to the same specifications as our plaster modifications and manufacture a device using 3D printing or milling EVA.

The 3D printing option (which we're calling EnviroPoly) is the latest in 3D printing material – Nylon 11. We've found it behave similar to polypropylene. It can be prescribed in 0.1mm increments (e.g. we could produce a 3.3mm shell). Any extrinsic additions (rearfoot post, forefoot posts, stiffening MLA bars) are all printed in the same material. EnviroPoly closely correlates to the same thickness of polypropylene – i.e. if you would prescribe a 3mm polypropylene device, a 3mm EnviroPoly device will behave similarly. You have the option of variable thickness devices – e.g. you could prescribe an orthotic which is 2.7mm medially and 3.8mm laterally for increased lateral control. EnviroPoly is made from castor oil plants and doesn't contain any petrochemicals which mean it can be marketed as a 'green' or 'vegan' device!

We have full length milled EVA in 3 densities – EVA 250 (soft), EVA 300 (medium) and EVA 350 (firm). We minimize the bulk of the EVA as much as possible at the lab to reduce the work you need to do at the fitting appointment to get the orthotic to fit the shoe. We would advise a top cover always be used with EnviroPoly and milled EVA devices.

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### **Online Portal**

We have developed an online portal to allow you to upload prescriptions and digital scans in a secure manner. This allows you to go to a paperless ordering system and keep all of your prescriptions in one place. As per our current paper prescription forms, we'll communicate back to you things like the forefoot evaluation and any asymmetrical morphologies (e.g. one heel is wider than the other or one foot is longer the other). The prescription form is set out almost identically to our paper prescription form. If you wish to utilize our online portal, please contact the lab and we can set you up with an account.

### **Reducing Plastic**

In the coming months, you'll see us change from delivering new orthotics in the clear plastic bags to a brand new eco-friendly bag made from hemp fabric. We've made a commitment to reduce our waste and reliance on plastic, so this is another way we can do that. The hemp fabric has a lovely soft feel and can be reused by the patient. On the back of the bag is basic wear in instructions for the patient. It also presents beautifully to the patient.

### **Seminar with Dr Doug Richie**

In May this year we'll be bringing out internationally renowned podiatrist Dr Doug Richie to present two seminars. The Sydney seminar will be on May 16 and the Brisbane seminar will be on May 23. For those of you who have heard Dr Richie, you'll agree that his presentations are enlightening and practical. Check our Facebook page for updates.

If you have any feedback or further questions, please contact me at the lab on 07 3823 1531 or email me directly – [kent@qol4feet.com.au](mailto:kent@qol4feet.com.au). Best wishes for the year ahead and I look forward to catching up with you throughout the year.

Kent Sweeting

QOL Owner