

Bespoke 3D-Printed Foot Orthotics

with Integrated Rehabilitation

MM Podiatry & Orthotics is a specialist bespoke orthotic laboratory providing digitally designed, 3D-printed foot orthoses to physiotherapy, podiatry and primary care clinics across the UK. Every prescription includes structured patient outcome measurement and access to the RehabHub 3D integrated rehabilitation platform.

Bespoke 3D-Printed

Every orthotic is digitally designed and manufactured to your exact prescription. No generic shells. No compromise.

Clinician-Led Rehab Included

The only orthotic lab that integrates structured rehab pathways via RehabHub 3D for every patient.

Outcome-Tracked

Baseline PROMs, 8-week review, 6-month follow-up, and monthly clinic reports. Your results, your data, your reputation.

This prospectus is for...	What you can offer your patients
Physiotherapy clinics	A complete orthotic + structured rehabilitation pathway — patients receive a bespoke device and a condition-specific exercise programme, managed by you.
GP practices & primary care	A reliable, outcome-tracked orthotic referral pathway. Every patient generates prospective PROM data returned to your practice.
Podiatry practices	A professional 3D-printing laboratory to expand your in-house capability — prescribe digitally, we manufacture, you dispense.

WHY 3D-PRINTED ORTHOTICS?

Traditional orthotic manufacture relies on physical casting, vacuum-formed thermoplastic shells, and hand-applied additions. Each stage introduces variability — from casting technique to technician skill when grinding the shell. 3D printing eliminates this variability. Every orthotic is manufactured digitally from a precise prescription, reproduced identically every time.

	Traditional Manufacture	MM Podiatry 3D-Printed
Shell	Vacuum-formed thermoplastic over a physical cast. Accuracy depends on casting technique and technician skill.	Digitally designed shell printed to exact prescription dimensions. Fully reproducible.
Modifications	Grinding, padding and adhesives applied by hand — approximate and can affect shell integrity.	Designed into the digital file before printing. Forefoot posting, arch fill, heel cup depth all structurally integrated.
Consistency	Inter-technician variability and material batch differences mean no two pairs are truly identical.	Identical reproductions from the same digital file. Reprints are exact. No technician variability.
Turnaround	Typically 2–4 weeks from casting to delivery.	Standard 10 working days. Express 5 working days. Direct dispatch to your clinic.
Reprints	Require a new casting appointment — the original cannot be reproduced without remeasurement.	Reprinted from the original digital file without a new impression. £60 — no appointment needed.

Our Materials

Component	Options	Properties & Indications
Shell	Low density TPU Medium density TPU	TPU: excellent flexibility, fatigue resistance and durability. Low density for accommodative and paediatric use; medium density for biomechanical control. Carbon fibre available for maximum rigidity.
Cushioning (mid-layer)	Poron 4000 Poron Fusion Poron Vive Poron XRD	Medical-grade polyurethane with controlled energy return. Fusion for everyday MSK use; XRD for high-impact sport and diabetic/at-risk feet requiring peak pressure attenuation.
Top cover	Synthetic leather EVA (H/M/L density) Aerosorb / Lunatec Proprioceptive EVA	Matched to footwear and clinical need: synthetic leather for dress shoes; Aerosorb for cushioning; Proprioceptive EVA for neurological presentations; Lunatec for sport.

THE INTEGRATED ORTHOTIC & REHABILITATION MODEL

Most orthotic laboratories supply a device and stop there. MM Podiatry is built around a different model: the orthotic is one component of a structured clinical pathway that includes condition-specific patient education, progressive exercise rehabilitation, and a clear return-to-activity programme — delivered through our integration with RehabHub 3D, a clinician-designed digital rehabilitation platform.

Why the combination matters

The evidence is clear: orthotics work better when combined with rehabilitation. Load management, progressive exercise and patient education are each independently effective — and more effective still alongside a correctly prescribed device. MM Podiatry is the only orthotic laboratory in the UK to make this combination a standard part of every prescription.

What RehabHub 3D Provides

Resource	What It Is	How Patients Use It
Pathology handouts	Two-page documents for 43+ MSK conditions.	Handed to the patient at their appointment. Patient-appropriate language. Evidence-informed.
Rehab education	37 topic guides: pain science, load, tendons, footwear, sleep, nutrition and more.	Attached alongside the pathology handout to deepen understanding and adherence.
Exercise progressions	Phase-by-phase progressions — isometric through to plyometrics.	Prescribe by phase. Advance when VAS consistently below 4/10.
Streak RTR programme	10-week return-to-running programme for lower limb recovery.	Final stage for runners — follows plyometric phase.
Quick reference cards	Desk references: resources, exercises and review schedule per condition.	Know what to prescribe and when to review — in 30 seconds.

The Patient Pathway

Stage	Clinician Action	Tools
1 Assessment	Assessment, diagnosis, prescription decision	Your clinical workflow
2 Prescription	Complete online form (<10 min). Baseline PROMs captured automatically.	mmpodiatry.com form
3 Education	Hand condition-specific pathology PDF and rehab education resources.	RehabHub 3D P + R series
4 Exercise	Prescribe Phase 1 exercises. Explain VAS rule (advance when <4/10). Set review date.	RehabHub 3D QRC
5 Fitting	Orthotic dispatched to clinic. Fit, check footwear. Hand crossover documents.	MM Podiatry orthotic + crossover docs
6 Review (8 wks)	Complete 8-week PROM form. Progress exercises if VAS <4/10.	8-week review form
7 Follow-up (6 mo)	Patient completes 6-month questionnaire. You receive a full outcome report.	Automated

OUTCOMES, EVIDENCE & WHAT YOU RECEIVE BACK

Every MM Podiatry prescription generates prospective, patient-reported outcome data. Baseline measures are captured at the point of prescription. These are tracked at 8 weeks by the prescribing clinician and at 6 months directly with the patient. The figures below are illustrative benchmarks based on published MSK orthotic outcome literature — your clinic's actual data will be generated and returned to you.

4.2 pts

Mean pain reduction at 6 months

78%

Reporting improved main activity

89%

Still wearing orthotics at 6 months

76%

Likely to recommend (NPS 8–10/10)

Figures are illustrative benchmarks from published MSK orthotic outcome literature. Your clinic's actual data will be generated prospectively from your patient cohort.

What Your Clinic Receives

Report	When Sent	What It Contains
8-week review prompt	8 weeks post-prescription	Prompt to the prescriber to review the patient and complete the 8-week PROM form — recording pain and function scores against baseline.
Per-patient outcome report	When patient submits 6-month questionnaire	Individual report comparing 6-month scores against baseline: pain change, function, goal progress, adherence, perceived benefit and NPS. Audit-ready format.
Monthly clinic report	Monthly (once 3+ patients have completed follow-ups)	Aggregated data across your cohort. Includes clinic-level headline statistics in social media-ready format — attributed to your clinic, ready for patient communications and professional profiles.

No setup required — outcomes tracking is built in

Outcome measurement is included as standard with every prescription. There is nothing extra to set up — baseline PROMs are captured in the prescription form itself. All follow-up communications are automated. Your clinic builds a prospective outcomes dataset from its very first prescription.

HOW TO REFER, PRICING & GETTING STARTED

How to Place a Prescription

Step	Action	Time
1	Visit www.mmpodiatry.com and access the online prescription form	1 min
2	Enter clinician and patient details (name, DOB, shoe size, footwear template)	2 min
3	Enter diagnosis, primary use and baseline PROMs (pain VAS, function score, goal, main activity)	2 min
4	Select prescription route: by pathology (recommended), by device type, or custom design	1–3 min
5	Select capture method (foam impression box or 3D scan upload)	1 min
6	Confirm delivery address, select speed, complete payment. Order enters the queue immediately.	1 min

First order? Download the MM Podiatry First Order Guide at www.mmpodiatry.com for a complete walkthrough of every field in the prescription form.

Pricing & Turnaround

Service	Price	Notes
Bespoke orthotic — standard	£90 per pair	Fewer than 5 pairs placed in a calendar month
Bespoke orthotic — volume rate	£75 per pair	5 or more pairs per calendar month — applies automatically
Express manufacturing & delivery	+£10	Turnaround 10 → 5 working days
Reprint (same prescription)	£60	Reproduced from original digital file — no new impression required
Refurbishment	£20	New top cover and/or mid-layer applied to existing shell
RehabHub 3D subscription	£10–£14 per clinician/month	1–5 clinicians: £14/month 6–15: £12/month 15+: £10/month 30-day free trial — no card required

Place a prescription
www.mmpodiatry.com
info@mmpodiatry.com

To request a sample orthotic, capability meeting or RehabHub 3D demonstration, contact us directly.

Start your RehabHub 3D free trial
rehabHub3D.com

30-day free trial. Full library access from day one. No credit card required. Includes all patient education resources, exercise progressions and quick reference cards.