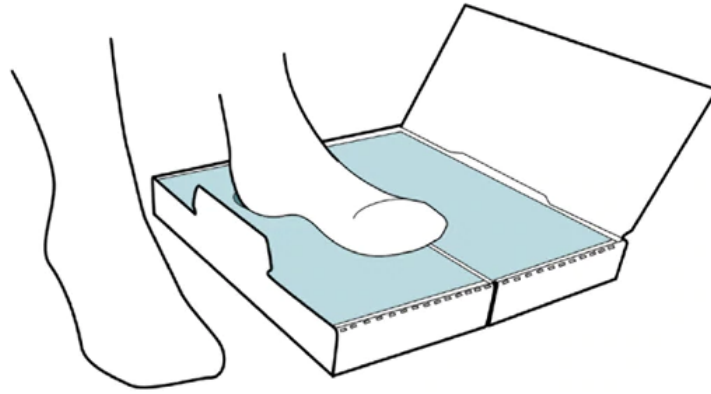


Orthotics4u Instructions on Making Foam Impressions

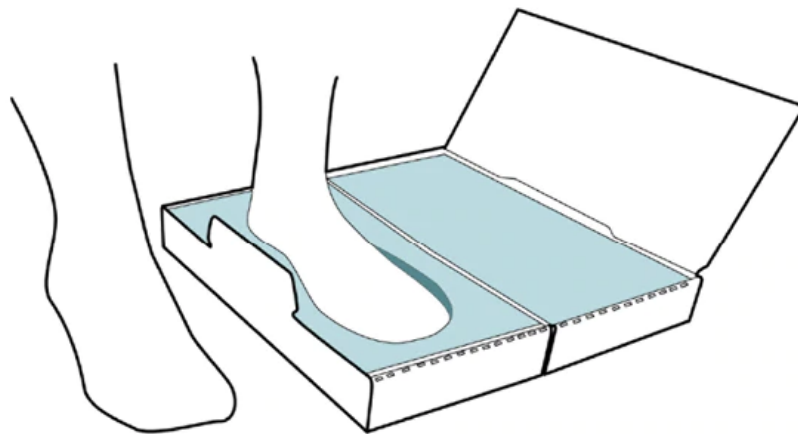


Step One: Preparation

Remove shoes. Thin socks are optional - keeping in mind that the foam will transfer to the sock.

You may take your foam impression in either a sitting or standing position.

If sitting, sit forward in the chair to enable a semi-weight bearing impression. When taking your cast from a standing position, you may wish to use a chair for balance and support.



Step Two: Impression

Center your left foot over the right side of the box with your heel and forefoot level. Apply weight as you lower your heel into the foam. Then push your forefoot and toes down into the foam trying to maintain equal weight distribution between both feet.

Your impression should go deeply enough into the foam to show your arch profile.

Step Three: Repeat

Lift your foot straight out of the box. Repeat for the other foot.

