

FOOT IMPRESSION INSTRUCTIONS

The entire process will be done while seated. At no time should you stand.

Using the Depth Gauge included in the Fit Kit make reference marks on both sides of your heel as shown.



Rest the foot on the foam to get the alignment set *before* taking the impression.

Sit in a position that provides the following alignment points: (If you used a coffee table to do the tracing this is usually a good height)

Knee vertical over the foot (laterally)
Foot should be pointed straight ahead



Knee at 90 degree angle.
The heel should be on the thick part of the foam
and the toes on the thin part.



6. There will be 3 separate pushes into the foam.

To do the initial push of the right foot have your assistant cup their left hand over your right instep, and place their right hand on top of your right knee as shown.

Simultaneously push the forefoot and rear foot into the foam.



8. Push the forefoot will go to the bottom of the box.

9. The rear foot never goes to the bottom. On this initial push you should see the depth marks you marked on the feet about 1/4" above the top of the foam. This is good for now.



10. The 2nd push you will push each met head to the bottom of the box, using your thumb. Then, again with your thumb, push each toe to the bottom of the box.



For the final push place your hand on the top of the instep and press the foot down into the foam until the heel marks are at the level of the top of the foam.

