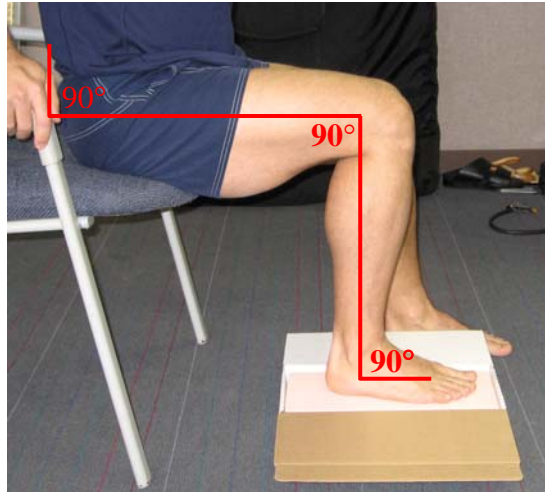


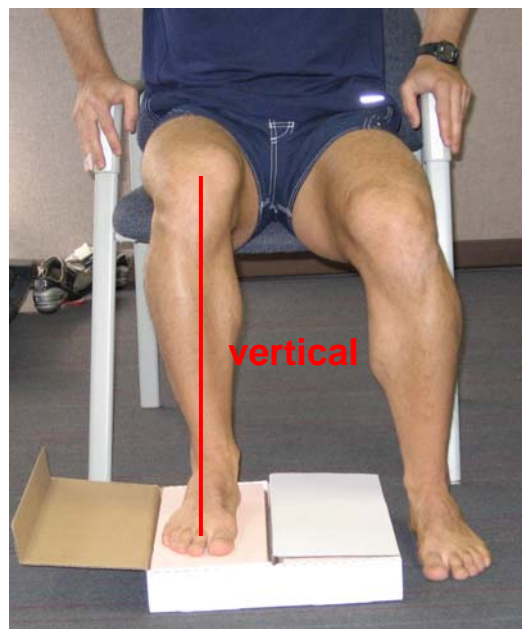
## Instructions for taking your impressions in the foam box:

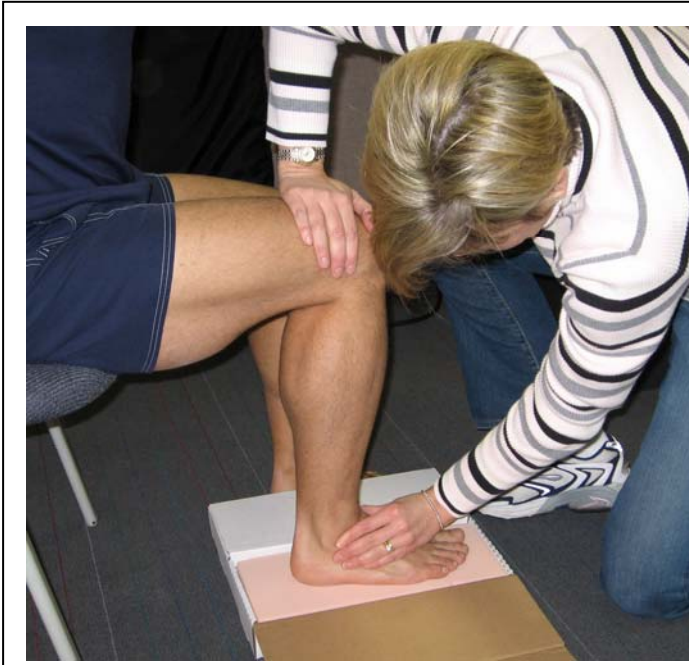
Ask someone to help you take your foot impression. Before you start, please read through the instructions thoroughly.



- 1 Sit on the edge of a chair. Rest your right foot on the foam at a 90° angle to get the alignment set before taking the impression. At no time should you stand up!

- 2 Sit with your back straight and your knee vertical over the foot (laterally). Your foot should be pointed straight ahead (parallel to the thigh).





- 3** To take the impression of the right foot have someone place their right hand on top of your right knee and cup their left hand over the top of the forefoot.

- 4** Simultaneously push the foot into the foam approximately 1 ½" to 2" deep. Push the forefoot and heel to the same depth.

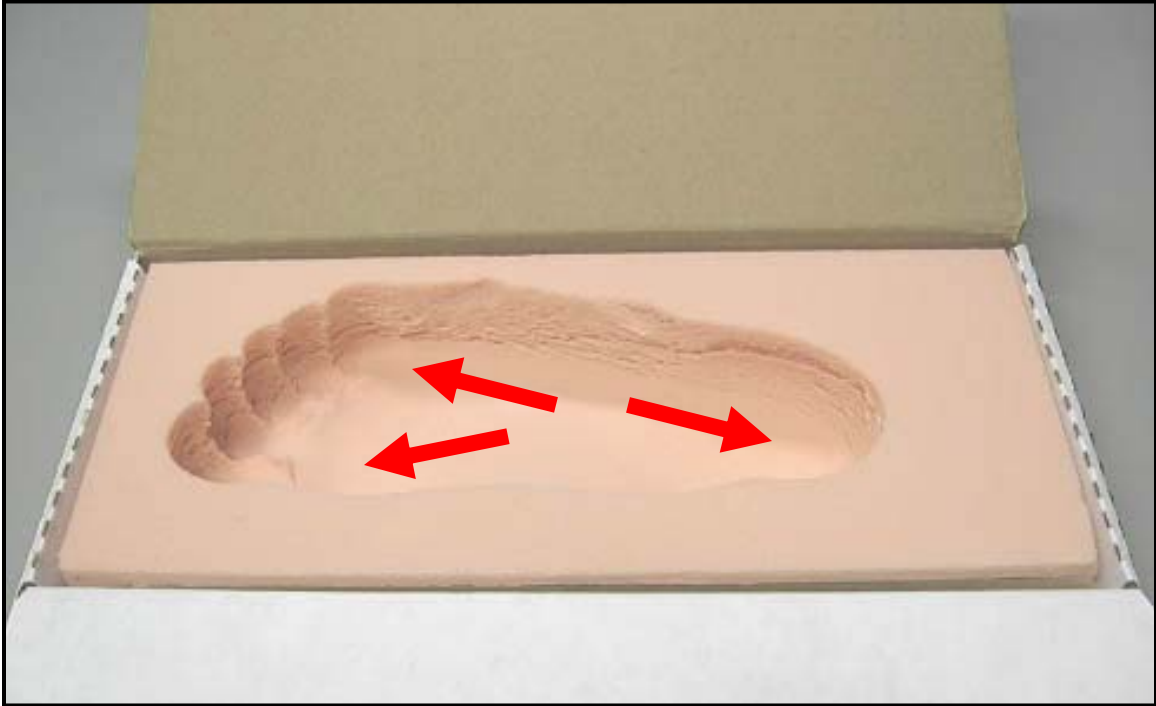




**5** Push the toes down, one at a time, to the level of the rest of the foot.

**6** Remove your foot from the box by lifting your heel first.





- 7 The impression should look like this. All of the points above should be at the same depth in the box.
- 8 Repeat the process for the left foot (using opposite hand positions).