

TAKING THE FOAM IMPRESSION

SureFit requires a foam impression of the patient's foot to fabricate custom inserts. Please use 14" foam boxes only.

The following instructions are based upon an order for a pair of inserts. Adjust as needed if a single left or right insert is being ordered.

I. POSITIONING THE FOOT: Request patient stand next to a counter for support with both feet together, right foot closest to the counter. A seated impression may be more practical for some patients.

Place the foam box next to the patient's left foot. With patient's weight shifted to the right side, position the patient's left foot so that the foot is *centered in the foam block and the heel is positioned about 1" from the back edge of the box.*

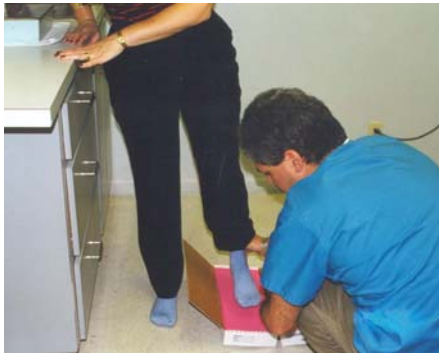


Fig. 2 – Person taking the foot impression should be located in front of the patient to assist throughout the procedure.



Fig. 3 – Before requesting patient place weight on the foot, check that their foot is in the center of the foam block and heel is 1/2" from the edge.

III. TAKING THE IMPRESSION: With the patient either standing or seated, hold the foot in neutral position by grasping just below the anklebone with your thumb and index finger with one hand. At the same time, with your other hand continuously apply pressure with two or three fingers to the first metatarsal. While continuing to hold the foot in this position, request the patient apply downward pressure on the foam material until they meet resistance.



© 2 *Fig. 4 – Hold the ankle and first metatarsal firmly as the impression is being made to keep the foot from tilting.*



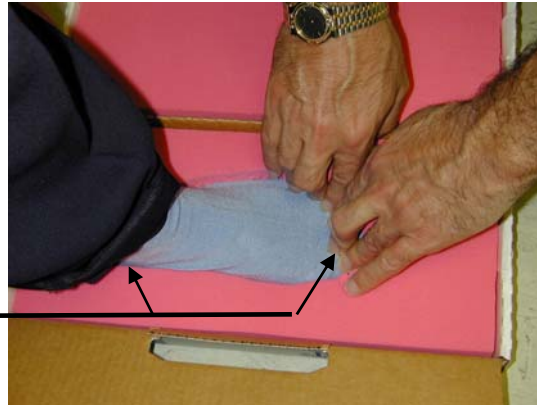
Fig. 5 – Sufficient pressure must be applied to compress the foam by at least 1 1/2" to assure a good impression.

If the impression is taken seated, push down on the patient's knee until some resistance is met.

Whether the impression is taken semi or full weight bearing make sure the patient's heel and forefoot penetrates the foam at least 1 ½" into the foam.

IV *PUSH TOES:* Firmly push down on the ends of the toes so they are not elevated (dorsiflexed); Toes should be level with the rear of the foot.

Fig. 6 – Press down on toes and request patient press down on their heel until resistance is met for best results.



V *FOOT REMOVAL:* Assist patient to slowly lift the foot from the foam to avoid cracking the foam. If the patient is standing, request the patient turn in the opposite direction and position the foam box next to the right foot to take an impression of the right foot. If you notice any cracking of the foam, please redo the impression.

VI *SHIP ORDER:* Mark the impression box with the patient's name, practitioner's name and account number on the inside of the box. Refer to [SHIPPING INSTRUCTIONS FOR CUSTOM ORDERS](#) for additional info.