

Foot Impression Instructions for Consumers

The foot impression box allows us to create a positive impression of your foot. As your insole will be made from this impression, it is important that you follow the step by step instructions provided below. If you need help with creating your foot impressions, please do not hesitate to contact us by email: info@lakelandorthotics.co.uk, or phone: 01482 586088

TOP TIP: you may want to practice without the impression box first and find a quiet place to do this!

STEP 1 (the most important step!)

Sit on a chair and have your impression box at hand. Remove all foot wear and place your foot next to the open foot impression box on the floor. Make sure your knee, ankle and foot are aligned and at 90 degrees to the ground. This will put your foot in a neutral position without any weight being applied. Place your foot in the middle of the foam without putting any pressure on the foam and check your knee is still directly above your foot. Your foot should be parallel to the floor as shown in the photo to the right.



STEP 2

Place the hand from the same side of your body as the foot on your shin and place your other hand on top of your knee (as shown in the photo-right). This will hold your leg in a neutral position whilst you put pressure through your knee into your heel. Keep your foot neutral—don't be tempted to push down with your foot! Your hand will do this in step 3 next.



STEP 3

Apply pressure in a downwards direction from your knee and ensure your knee remains aligned and above your ankle, at 90 degrees to the ground. This is the most natural way to apply pressure through your leg to the ground. Aim to create an impression at least 25mm (approx. 1 inch) into the foam. Do not worry if you create a deeper impression!



STEP 4

Create pressure on the top of the foot just behind the toes. Make sure your knee is still in line and above your ankle! Apply the pressure using your thumb and knuckles, pushing the foot into the impression box foam in a downwards direction towards the ground. This pressure must come from your hands and NOT by pushing down with your leg. Now do the same with each toe as show in the photo on the right.



STEP 5

Place your hand from the same side of your foot just above your ankle as shown in the photo on the right. Place your other hand under your thigh and using both hands, lift your foot carefully out of the impression box taking care not to disturb the foam impression.



STEP 6

Remove the insole from the shoe you are wearing and draw around the insole on the top of the impression box. Write your name inside the template. This will give us the ability to create an insole that will fit directly into your current shoe so please provide an insole template from the shoes you want custom insoles to fit into. The photo right shows a correct impression and the photo below shows an insole tracing. Lastly, repeat all the steps for the other foot!



Return your impression box & custom insole order form(via recorded delivery preferably) to:

Lakeland Orthotics Ltd
Unit 1, 273 Wincolmlee
Hull, East Yorkshire
England, HU2 0PZ

We aim to deliver your custom insoles within 5 working days after receiving your impression box!