

## Foot Impression Instructions for Professionals

The foot impression box allows us to create a positive impression of your customer or patients foot. As the 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 the foot impressions, please do not hesitate to contact us by email: [info@lakelandorthotics.co.uk](mailto:info@lakelandorthotics.co.uk), or phone: 01482 586088

### STEP 1 (preparation)

Ensure the patient is sitting comfortably in a chair, barefoot with their feet on the floor. Make sure their knee, ankle and foot are aligned and at 90 degrees to the ground. This will put their foot in a neutral position without any weight being applied. Place the open impression box next to the patients foot ready to create the impression.



### STEP 2

Inform the patient that you will guide their foot into position and apply pressure to create the impression. Ask the patient to remain passive and NOT to apply a downward pressure themselves. Place their foot in the middle of the foam area without putting any pressure on the foam and check their knee, ankle and foot remain in alignment.



### STEP 3

Apply pressure in a downwards direction from their knee and foot just below the ankle (as shown in the photo—right). Aim to create an impression at least 25mm deep into the foam. Do not worry if you create a deeper impression!



### STEP 3 (continued)

This photo on the right demonstrates a close up view of the hand controlling the patient's heel and resulting in a neutral position and optimum negative impression.



### STEP 4

Apply pressure towards the ground from the top of the foot; pushing the metatarsals down into the foam followed by each toe individually. Aim to create an even impression at least 25mm deep and matching a similar depth to the impression made at the heel region.



### STEP 5

With the help of the patient, guide the foot out of the foam and place it on the floor (photo-right). Lastly, draw the outline of the patients insole from the shoe which will be fitted with the custom insole as demonstrated in the photo below. This will enable us to create an insole that will fit directly into the patients current shoe. Write the patients name on the box. Lastly, repeat the steps for the other foot.



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

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