

## **THE PROCESS**

Read the instructions carefully.  
CALL IF YOU HAVE QUESTIONS

Take your foot impression

Return the impression to OPT inc.

A plaster model of your foot is made from the foam impression

The insole is molded using the plaster model

## **HOW TO TAKE YOUR IMPRESSION**

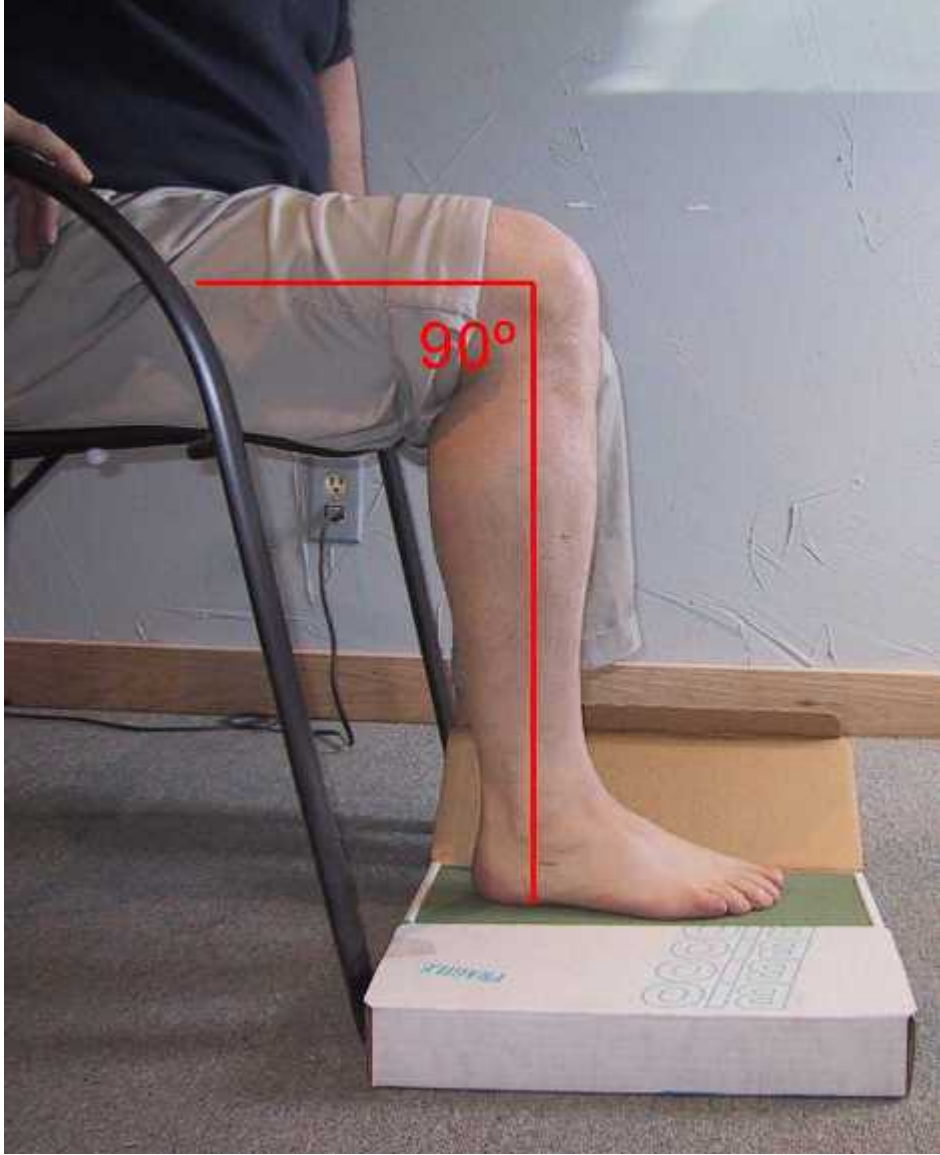
You will need an assistant to take your foot impression. It is not recommended to take your own impression. The impression should be 1.5" deep. Make some reference marks 1.5" up from the floor on both sides of your foot using the included "Depth Gauge" This will insure that you go the proper depth.



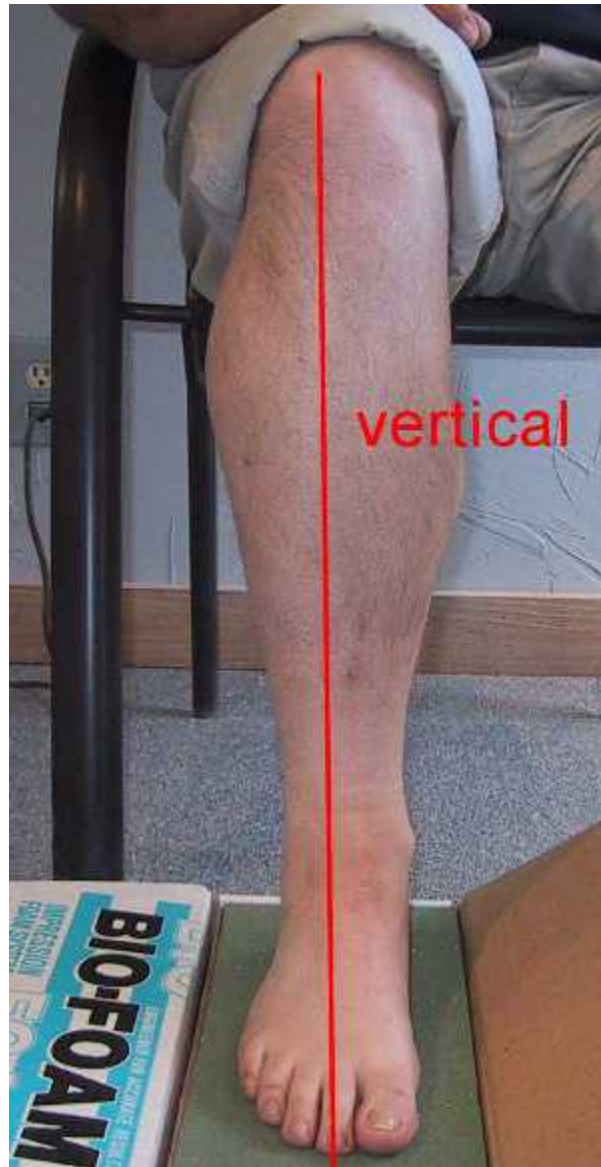
Do not push your foot to the bottom of the box. At no time should you stand up!

### **The alignment you are looking for is as follows:**

Rest the foot on the foam to get the alignment set before taking the impression.  
90 degree bend at the knee



Knee vertical over the foot (laterally)



Foot pointed straight ahead ( parallel to femur or thigh)  
To take the impression 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.



Simultaneously push the foot into the foam to the depth of the marks on your foot.

The forefoot and heel should be the same depth.

The inside and outside portions of the forefoot should be the same depth

Push the toes down to the level of the rest of the foot.



Repeat the process for the other foot.  
Opposite hand positions for the opposite foot.  
Here is what the impression should look like.



Please understand that I am not a doctor, and that I am not providing medical treatment.

If you feel you need the attention of a doctor., you should do so.