



Hersco Orthotic Labs®

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HOW TO TAKE A FOAM IMPRESSION

1. Seat the patient in a stable chair with both feet on the ground. Try not to take impressions on tiled or slippery surfaces as the box may slide halfway through!
2. Align the patient's body and establish 90° angles at the ankle, knee and hip.
3. Place one of the patient's feet gently on the impression foam and check the foot is neither pronated nor supinated.
4. Holding the ankle in the neutral position place the other hand on the patient's knee and slowly push down into the foam. It is important that the practitioner control and guide the descent of the foot.
5. Push the foot down 1.5" into the foam and check that the plantar surface is even. Avoid having the heel drop deeper than the forefoot. Press the toes into the foam, down to the same level.
6. Remove the foot slowly and check the impression for accuracy and evenness. A good controlled cast will not crack or split the foam around the perimeter.
7. You may need to take extra precautions to protect the feet of patients with open ulcers or healing wounds.
8. If the patient has an area of particular concern, such as a callus or a bony prominence, you can mark the location on the foot using an adhesive felt pad or lipstick. This will then leave an accurate mark on the negative impression.

