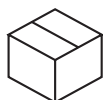


Read these instructions before you begin.



## Taking your foot impressions

- Step 1:** We suggest setting up near a chair or table to help you stay balanced while taking your impressions. Wear shorts or roll pants to calf.
- Step 2:** Place the impression box on a floor with a hard surface. Open the box to expose the foam.
- Step 3:** Next, position your foot over the center of the foam. Once you are aligned with the center, slowly push your heel down into the foam until you feel a firm stop.
- Step 4:** Continue pushing with the rest of your foot from heel to toe until you again feel a firm stop.
- Step 5:** Gently remove your foot from the foam.
- Step 6:** Cover your impression with the cardboard flap on the box.
- Step 7:** Repeat these steps with opposite foot.



## Return Shipping

- Step 1:** Complete the form that was enclosed with your impression kit.
- Step 2:** Place the form inside the impression box and close the box by securing the tab.
- Step 3:** Place the box into the mailing bag, provided with your impression kit and seal it.
- Step 4:** Adhere the pre-paid postage label onto the mailer bag at the center of the bag.
- Step 5:** Your impression kit is ready to be shipped!

Your shipment can be dropped off at the closest **FedEX** facility. Please allow up to two weeks for fabrication of your custom insoles.