

Directions for using the **QUICKMEASURE™ KIT**

The following instructions should be followed carefully to ensure we can fabricate the best fitting custom orthotics for you.

Please read the following FOUR STEPS carefully before taking the impressions.



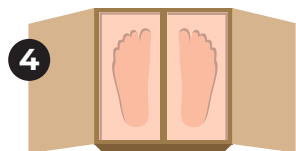
1 Sit in a chair and place the open foam impression kit on the floor in front of you.



2 Place each foot gently on the surface and in the middle of each foam block in the box. Remain seated during the entire process.



3 Gently press your foot into the foam, applying approximately equal pressure with your heel and ball of your foot. Press one foot at a time into the foam. Keep your lower leg straight up and down. Press your foot about two inches into the foam. Trying not to touch the bottom of the foam box with your foot. Do not grasp the foam with your toes.



4 Remove your feet from the foam box and examine the contours of your foot. The impressions of your foot should be precisely captured in the foam.

YOU HAVE NOT COMPLETED THE IMPRESSIONS!

Follow the final steps to send us the impression kit:

1. Close the cardboard box and seal it with tape. Wide shipping tape is best.
2. Mail the sealed box using the enclosed pre-paid postage mailing card.

You should receive your foot orthotic within 2 weeks.



Please email us at info@footcareexpress.com or call (877) 687-3338 if you have any questions or concerns.

