

Using BIO-FOAM® for Custom HotDog Molds

BIO-FOAM® is a crushable blue foam secured in a box that is perfect for taking footprint impressions. Just like the tire tracks in an old detective movie, the foam impressions are filled with plaster to get a model of the bottom of the patient's foot. This plaster model is then used to build a custom HOTDOG that should fit like a glove. Your task is to get a good footprint. The suggestions below will help in getting consistently good impressions with BIO-FOAM.®

- Seat the patient comfortably so that their feet rest flat on the floor (or another solid surface). Place yourself facing the patient. Instruct the patient to keep their feet and toes still and to apply no pressure. Have the patient lift one foot 6 inches or so. Position the box containing the BIO-FOAM® (lid open) directly beneath the patient's foot and guide the foot down to the center of the foam rectangle.
- With one hand placed on top of the foot and around the ankle (right hand-left foot; left hand-right foot), position and steady the foot such that it is level with the surface of the foam (neither pronated or supinated). While maintaining foot alignment, apply downward pressure on the lateral (outside) aspect of the foot while at the same time applying downward pressure with the other hand on the patient's knee. Press the entire foot into the foam so that the top of the medial arch is below the surface of the foam (approximately 1½ - 2 inches deep).
- Finish the impression by pressing each toe down into the foam to a neutral position (neither dorsiflexed or plantarflexed).
- Lift the foot straight out and examine the impression. The goal is to have an accurate rendering of the bottom surface of the foot and arch with the heel and metatarsal heads at approximately the same level. If the impression is incomplete, a second attempt can be successful if the foam has not been compressed too far. If this is the case, carefully reposition the foot in the existing impression and re-apply pressure, pressing the foot down evenly into the foam until a new impression is attained.
- Repeat this process for the other foot.

If you have any problems, feel free to contact our Technical Support staff for tips and suggestions at 1-800-848-7332.