

LEFT

Foot Length

1. Ball
2. Instep
3. Heel
4. Ankle
5. Top

Name

Right

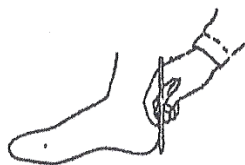
Foot Length

1. Ball
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3. Heel
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Take all tracings and measurements in a sitting position and wearing type of socks used when skating. On tracing, mark any bones, bunions, or irregularities. Photos are helpful; front, back and both side views of each foot. Photos should be taken of bare feet.

Carefully follow these instructions:

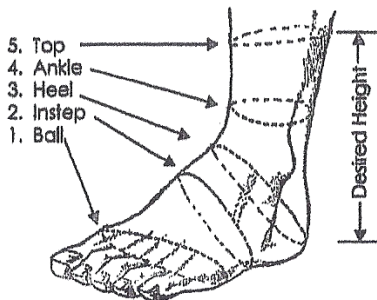
A. Trace outline of right and left foot (in sitting position). Keep pencil in upright or vertical position close to foot.



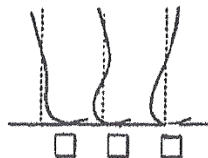
B. Before foot is raised or moved from first position, take second tracing around the toe area in standing position.



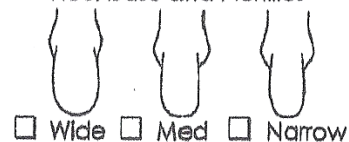
C. Keeping tape snug, measure around these 5 points.



D. Type of heel



E. Heel base and Achilles



F. Type of arch



G. Shape of foot at ball

