Identify Regions of Interest (ROI’s) on plantar area of foot

Take baseline in-shoe pressure measurement and cross reference ROI on pressure map

Identify gait style of patient and manufacture insole type accordingly

**Mr Stompee**
- Slimflex insole
- Accommodate deformity/ROI’s with a dell/cut out
- Temporary fix of 3mm poron medium density top-cover

**Mr Propulsive**
- Slimflex insole
- Accommodate deformity/ROI’s with a dell/cut out
- Add a 3mm poron heel cushion
- Temporary fix of 3mm poron medium density top-cover

**Mr Wooberry**
- 3mm poron base insole
- Accommodate ROI’s with a dell/cut out
- Temporary fix of 3mm poron medium density top-cover

Repeat in-shoe pressure measurement with insole

Is optimisation complete? yes

Check F-scan data against insole

Optimisation complete
- Attach top cover and data logger and issue insole
- Issue insole

Optimisation not complete
- Refer urgently to orthotics

Is optimisation complete? no

Check F-scan data against insole

Repeat in-shoe pressure measurement

Is optimisation complete? yes

Check sitting of cut out and alter if required
  - Check total contact area and add metatarsal pad to insole base

Check sitting of cut out and alter if required
  - If peak pressure remains un-optimised, add of 3mm poron apron anterior to region of interest to insole base
  - Add a metatarsal bar to insole base

Check sitting of cut out and alter if required

Check sitting of existing modifications and alter if required
  - Addition of 3mm EVa forefoot rocker

Increase metatarsal bar proximally to arch

Repeat in-shoe pressure measurement with insole

Is optimisation complete? yes

Increase arch height/profile by adding 3mm poron to existing arch.

Addition of 3mm poron apron anterior to region of interest

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Addition of 3mm poron apron anterior to region of interest

Addition of 3mm EVa forefoot rocker