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Mapping The Foot

Find the point of the lateral cartilage where it starts to turn down.



Mark that spot. A black marker works well on a light colored leg. For dark or black legs, Whiteout correction fluid works well.

- Strasser Clinics
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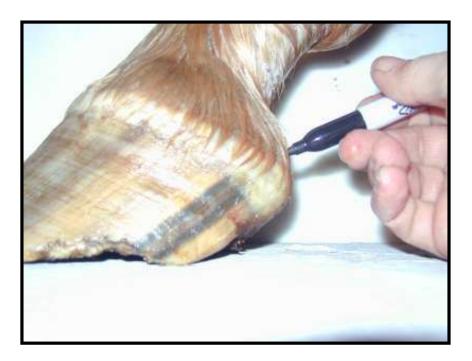
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Hold the plexiglass so the 3.5 cm mark is on the mark you just made at the lateral cartilage. Make a mark at the bottom of the plexiglass on the heel. This will be the 3.5 cm mark for heel height.



Line up the 30 degree mark of the plexiglass on the hair line and the bottom of the plexiglass on the heel mark you just made.



Mark along the bottom of the plexiglass. In a foot as long as this one the mark may go from the heel to the toe. In many feet, however, the mark will go from the heel and end somewhere in the quarters. Just make sure the 30 degree line is on the hairline and the bottom edge of the plexiglass is on the 3.5 cm heel mark.



Find the true tip of the frog. This may mean paring it a bit until you can see it at the frog/sole juncture. Then measure 1 cm in front of the apex.

Make a mark.



Use the edge of the plexiglass or any straight-edge and line up with the mark you just made 1 cm in front of the frog apex.



Draw a line from wall to wall.

Between the line and the toe is the moonsickle area.



Find the midpoint of the frog and make a mark.



Mark a line across the entire foot with a straight-edge.



Between the two line is where you will trim along the frog down to the frog/sole juncture.

(the angle of this shot make it look like the line is not mid-point of the frog... but it is...I was standing on my head at the time!!)



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