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How to Scan a Foot for Custom Orthotics Using an iPhone

Before You Start

1. **Download the App:** Install the *Resource Labs* app on your iPhone.
2. **Get a Mirror (Optional):** A mirror can make it easier to see the screen while scanning.
3. **Prepare the Foot:** Make sure the feet are bare and clean.

The Scanning Process

1. **Open the App:** Launch the *Resource Labs* app.
2. **Position the Foot:** Place the foot in a neutral position, following the app's guidance.
3. **Begin the Scan:** Hold the iPhone with the front-facing camera about 12 inches from the foot, pointed toward the floor.
4. **Capture the Entire Foot:** Slowly move the iPhone around the foot, making sure to scan:
 - The medial (inner) arch
 - The lateral (outer) side
 - The posterior (back) of the heel
5. **Follow App Guidance:** The app will show a green zone for correct distance and guide you on how to move the phone to complete the 3D model.
6. **Review the Scan:** Check the 3D model for gaps. If needed, recapture any missing areas.
7. **Repeat for the Other Foot:** Perform the same process for the second foot.
8. **Submit the Scan:** Once both feet are scanned, submit the models through the app to our lab for the creation of your custom orthotics.