

Cadet Name _____

Grade _____ Organization _____

PLEASE INCLUDE:

MEASUREMENTS –

Heel to toe _____

Heel to Ball _____

Ball _____ The fabric tape is passed beneath the ball of the foot, passing over the medial surface of the metatarsophalangeal joint, great toe, and the lateral aspect of the metatarsophalangeal joint fifth toe.

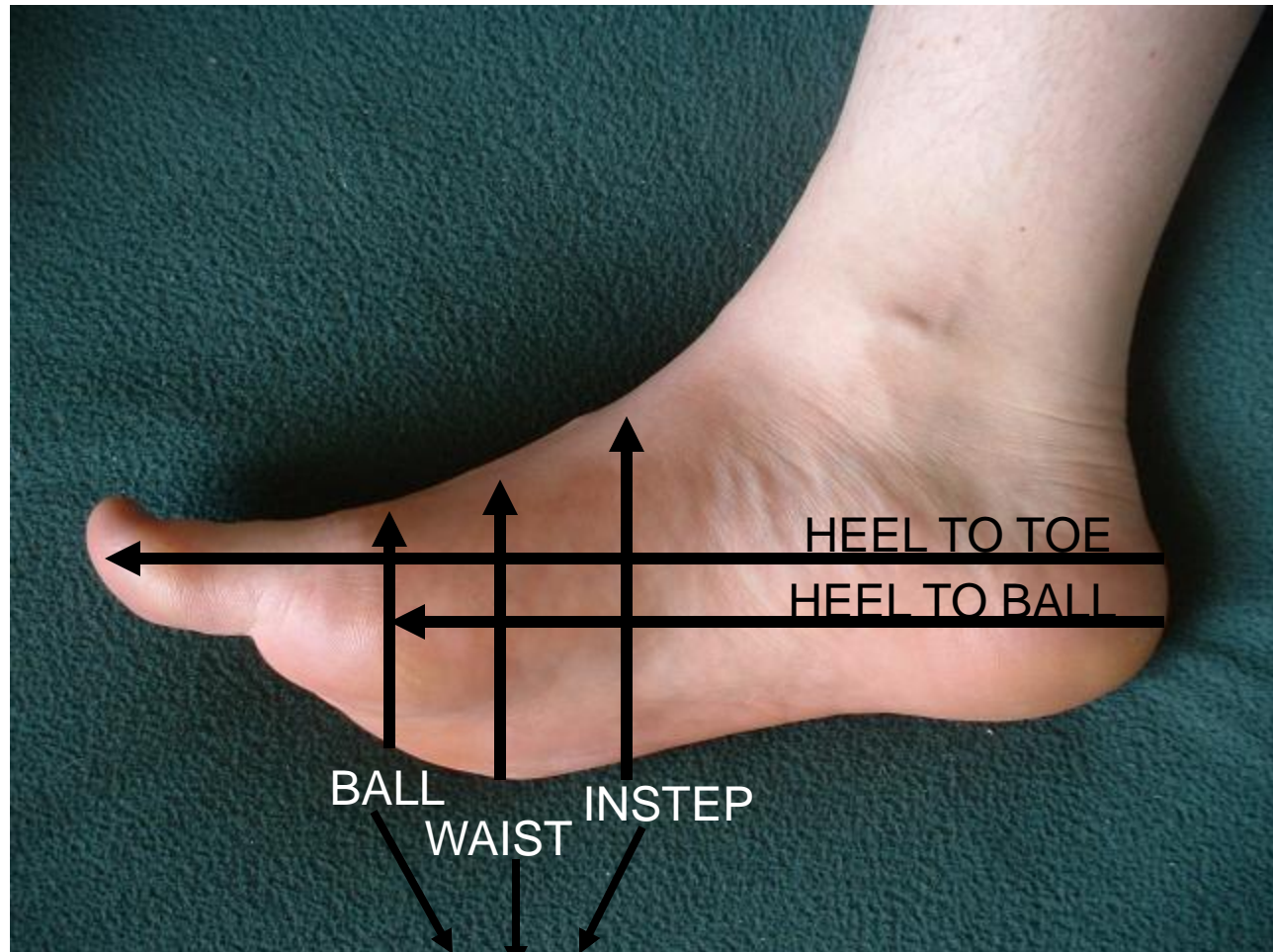
Waist _____ This is taken behind or proximal to the ball, where the foot narrows down and the tape wraps easily into the medial concavity.

Instep _____ Should be taken just proximal to the midtarsal joint, and the distal to the cuboid bone or straight through the talus.

TRACING OF BOTH FEET

Stand with weight distributed on both feet.

Height _____ Weight _____



All the way around