

# Create your own casting pillow

We recommend using a casting pillow to fully capture the plantar surface contours of your patient's foot. With a few basic materials, you can make one in minutes! Below are simple instructions to follow.

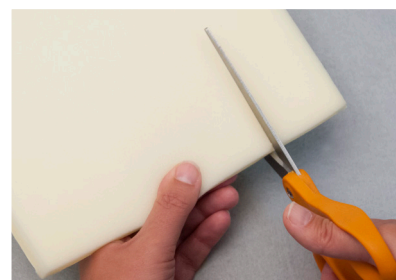
## Materials needed:

- Open cell foam\*
- Scissors
- 4-inch cotton stockinette



## Step-by-step instructions:

- 1 Cut the foam**  
Using scissors, cut the foam into a rectangle large enough for your patient's foot.



- 2 Cover the foam**  
Measure the length of the cotton stockinette to the foam and cut.  
Cover the foam with the stockinette.  
Recover as needed.



- 3 Ready to use!**  
Place your patient's foot on the pillow and press down lightly on their knee to capture the plantar surface contours.



*\*Can be found at craft stores as mattress cover or pillow material*