

Arize Occipital Scan App

Optimal Occipital scanning instructions

1. Ensure the area behind the patient's foot being scanned is clear of any items that may interfere with the scan
2. Prone position is the preferred method as it is more difficult to scan the heel from the supine position
 - a) Prone position can be achieved by having the patient lie horizontally on an exam table with their face and torso facing down (*image 1*) or by having the patient kneel on a chair (*image 2*)
3. Roll or reposition the hip of the foot being scanned so that the toes and heel are perpendicular to the ground
4. Ensure the **patient's ankle is at 90°** and that their foot is roughly 6" from the exam table or chair
5. See that the forefoot and rearfoot are in the same plane by having the patient extend their toes to accentuate the medial arch (*the foot should neither be supinated nor pronated to the ground*)
6. Have the patient extend their toes as shown in image 2
7. Hold the scanner roughly 2' from the foot with the plantar aspect of the foot square with the scanner (*do not start from an angle of the foot*)
8. Allow time for the foot to turn green inside the box
9. Move the scanner slightly until most of the foot is green
10. Hit START to begin scanning
11. Capture the plantar aspect of the foot followed by the proximal 1" of the medial, lateral, and posterior (*heel*) aspects – **scan slowly and pause occasionally to fill in gaps**

