

Paper Measuring Gauge

Step-by-Step Guide

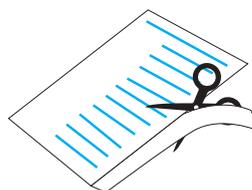
Our paper gauge is ideal for measuring feet, the instructions below make measuring your feet easy so please read through them carefully.

As measuring is only a guide it's important to check the fit of the footwear once they arrive, we will help you do this via a video appointment with one of our orthotists.



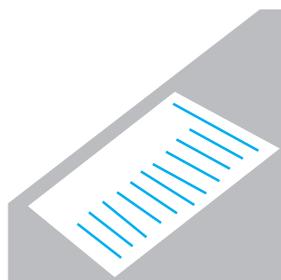
1. Printing the Gauge

When printing double check that your printer is set to 100% or 'do not scale' to ensure an accurate result. Once printed use a ruler to check the millimetre markings match up.



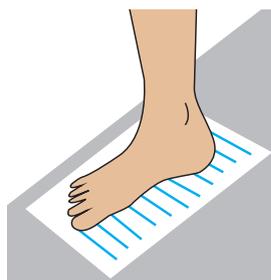
2. Remove the width / circumference measure

Cut along the dotted line to the left of the gauge to separate the width tape.



3. Place the chart on a hard floor

You may find it helpful to place the heel line against a wall to make measuring easier.



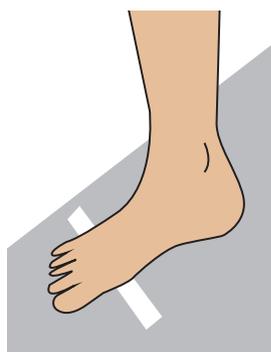
4. Getting started

Place one foot on to the paper gauge and make sure the back of the heel lines up with the thick line as shown. Double check you are standing normally, with your weight on both feet.



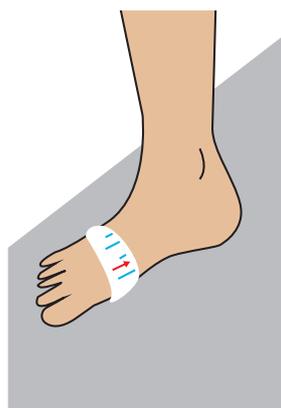
5. Measuring the length

Jot down the millimetre measurement from the longest toe – no need to add any extra as we've already calculated growing room into all our shoes. Repeat for the other foot.



6. Using the measuring tape

Wrap the cut-off tape around the circumference of the foot at the widest point. The widest point is usually diagonally across from the big toe joint to the little toe joint. If you run your finger along either side of the foot, you'll feel a bump where the joints are.



7. Measuring the circumference

Pull the tape so it's snug around the foot and take a note of the millimetre measurement. Repeat again for the other foot.

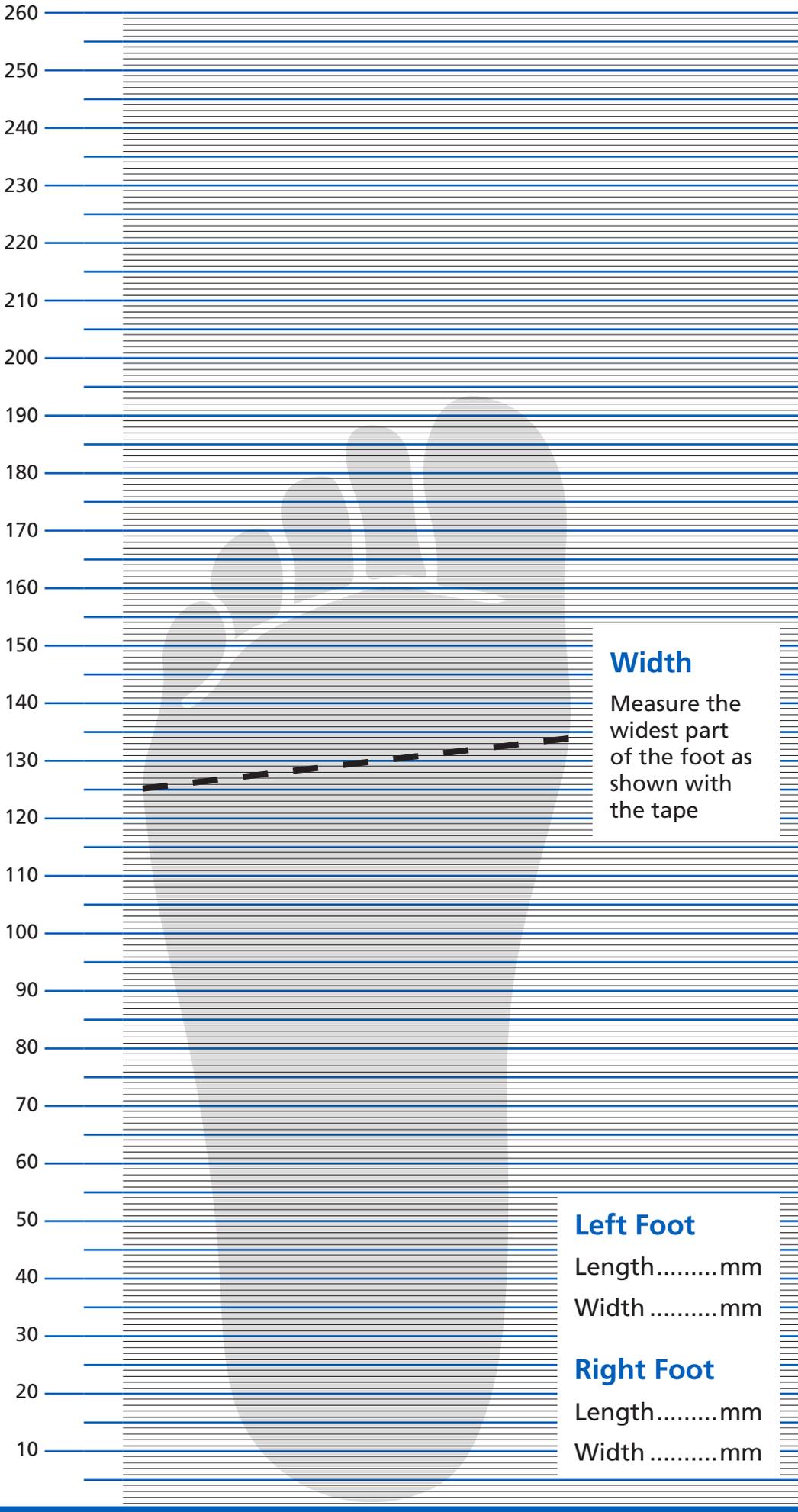


8. Measuring the width

Place the tape under the joints as you did to measure the circumference. This time you don't need to wrap the tape around the foot, instead, just stand on the tape with the joint near your big toe next to the end of the tape which says "Measure from Here". Give us the measure which is next to the joint near the little toe.

Make sure your printer is set to 100% or do not 'scale'.

FOOT GAUGE



Width

Measure the widest part of the foot as shown with the tape

Left Foot

Length.....mm

Width.....mm

Right Foot

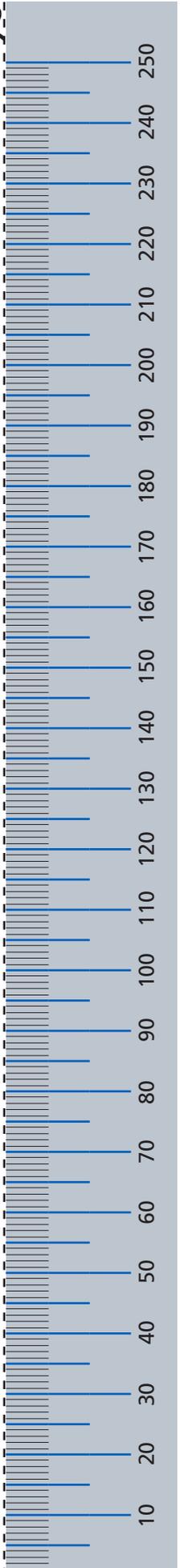
Length.....mm

Width.....mm

BACK OF THE HEEL TO THIS LINE



MEASURING TAPE



MEASURE FROM HERE