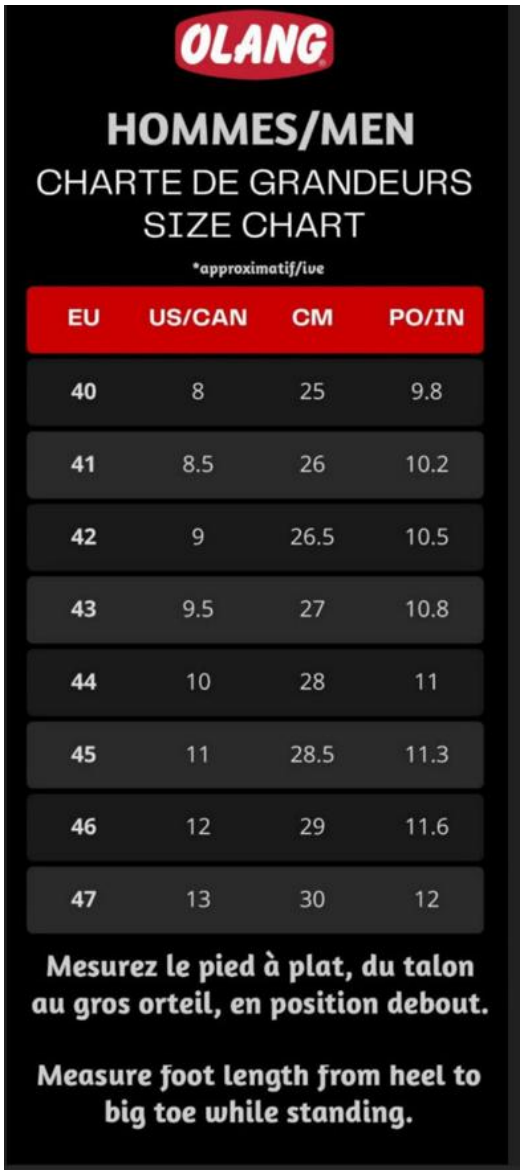
HOW TO DETERMINE YOUR FOOT SIZE?

This guide helps you estimate your foot size, but it does not guarantee a perfect fit.

- Your **foot size** is different from your **shoe size**.
- **Shoe sizing can vary from one manufacturer to another,** and even between different styles within the same brand.
- For the best possible fit, **measure your foot using this guide** and refer to the size chart for the specific style you have selected.



Measure the length of your foot while it is flat on the floor, from the back of the heel to the tip of your longest toe.

TIPS & CONSIDERATIONS

- **Well-fitting** shoes promote comfort, help prevent pain, and contribute to overall foot health.
- Shoes that are **too small or poorly fitted** can cause cramping, numbness, blisters, calluses, bunions, and other foot problems.
- Your shoes should **feel comfortable from the moment you try them on**; they should not require a break-in period.
- For people with **certain conditions**, such as **diabetes**, a proper fit is essential to allow the toes to move freely.
- When purchasing new shoes, choose a style that offers **both a proper fit and adequate support.**
- **Have your feet measured** regularly by a footwear specialist to ensure you select the most appropriate shoe size.

HOW TO DETERMINE IF YOUR SHOES FIT PROPERLY?

- **Choose the size that fits your larger foot**, as it is common for one foot to be slightly longer than the other.
- **Try on shoes at the end of the day**, when your feet are naturally at their largest.
- **Leave approximately 1 cm of space** between your longest toe and the front of the shoe.
- **Make sure the widest part of your foot** aligns with the widest part of the shoe.
- **Your heel should stay securely in place** with minimal slipping.
- **Walk around for a few minutes** to ensure there are no pressure points or discomfort.

HOW TO DETERMINE IF A SHOE PROVIDES GOOD SUPPORT?

- **Firm heel counter:** The heel should be held securely in place to provide good stability.
- **Good torsional stability:** The shoe should resist twisting while still maintaining some flexibility.
- **Flexes in the right place:** The shoe should bend at the ball of the foot, not through the middle.
- **Removable insole:** A removable insole allows for a better fit and makes it easier to accommodate custom orthotics or insoles when needed.