

This guide is a tool to help you determine your shoe size but won't guarantee a proper fit.

HOW TO DETERMINE YOUR FOOT SIZE ?

You have a foot size, not a shoe size. The distinction is fundamental when purchasing shoes, as each manufacturer uses a different foot form to manufacture their shoes. A size 38 or a size 9 will not be identical for every manufacturer and can also vary between styles of the same manufacturer.

To ensure the best fit possible, we've created a guide to help you measure your foot. This guide is only a tool to help you determine your ideal shoe size, but it's important to remember that sizes can vary and should not be taken at face value.



EURO	CA/USA	CM	PO
36	6.5	22.5	8.8
37	7	23.2	9.1
38	7.5	23.8	9.3
39	8	24.5	9.6
40	9	25.1	9.8
41	10	25.8	10.2
42	11	26.4	10.4
43	12	27.1	10.7

Femmes / Women

Charte des Pointures Size Chart



A PIED / FOOT

Measure the length of the foot when it is in complete contact with the ground, starting from the heel and going to the tip of the toes.

TIPS & CONSIDERATIONS

To avoid foot pains and problems, it is recommended to wear footwear which are adapted to your foot. Shoes which are poorly fitted to your foot can exacerbate existing pains or become the original cause of pain. It's important that your footwear are comfortable from the beginning.

It frequently happens that the footwear purchased is too small, leading to cramps or numbness during walking or running. Maladjusted shoes can cause severe symptoms such as calluses, bunions, hammertoes, and other common foot problems. For individuals dealing with serious conditions like diabetes, it becomes even more important for footwear to be well-adjusted, allowing you to wiggle your toes.

There are many things to consider when purchasing footwear, principally the proper fitting and support. You could greatly benefit from getting your feet measured by an expert who understands the necessity of a proper fitting.

HOW TO DETERMINE IF YOUR SHOE FITS WELL?

CONSIDER THESE ELEMENTS TO DETERMINE IF YOUR SHOE IS PROPERLY FITTED:

- **Regular Foot Measurements:** Have your feet measured every year because it's probable that they aren't the same size, and their size may vary from one year to another (your feet are constantly changing).
- **Fit the Larger Foot:** Always fit the larger foot. Adjustments can be made to the other shoe accordingly.
- When possible, trying on a pair of shoes later in the day is better. This will determine if the fitting is adequate in case feet have swollen during the day.
- **Try Shoes Later in the Day:** When possible, trying on a pair of shoes later in the day is better. This will determine if the fitting is adequate in case your feet have swollen during the day.
- **Toe Space:** A shoe must have a minimum amount of space for your toes when you're standing up. There should be between 1 cm (3/8") to 1.3 cm (1/2") of space between your longest toe and the tip of the shoe (approximately the width of your thumb).
- **Proper Alignment:** The largest part of your foot should sit in the widest part of the shoe.
- **Comfort:** If you feel too tight or loose in your shoes, that means the shoe is not properly adjusted to your feet.
- **Heel Comfort:** Your heel should sit comfortably in the shoe with minimal slippage.
- **Walk Test:** Walk around with the shoe to ensure it's comfortable, and make sure you don't feel any pressure points from the seams.

EVALUATING THE FOOTWEAR'S SUPPORT

There are many ways to determine if a shoe offers proper support. Here are a few factors which could help you :

Heel Counter:

The heel counter is the rigid piece at the back of the footwear that controls the foot's heel motion from side to side when you walk. A strong heel counter will offer better foot support.

Torsional Stability:

This checks for how easily the shoe twists. A shoe should have some flexibility while maintaining a minimal level of rigidity. The torsional stability prevents the foot from being twisted or turned in motion, reducing muscular fatigue due to overcompensation. To validate the torsion stability, twist the heel and toe of the shoe in opposing directions. If torsion is difficult, the shoe will offer good support.

Midfoot Bend:

A shoe should not fold in the middle (where the arch region is), it should only bend at the ball of the foot where your foot naturally bends. If the shoe bends in the center, it will not provide adequate stability to the foot.

Removable Liners:

A shoe with removable liners is more versatile than one with a fixed liner. Removable liners allow orthopedic experts to modify a shoe and improve its fitting. A removable liner can also be replaced by a custom-made foot orthotics or a store sold device.