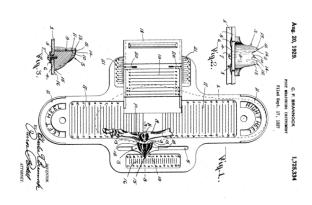
# The Foot & The Shoe

**Measurement & Size** 





#### **DISCLAIMER**

All information given on the next pages is public knowledge, based on literature such as journal articles and books but also available information from the world wide web.

The author declares having done every effort to mention the sources of the pictures as well texts (as far as fully cited).

The following information is not meant to replace the knowledge and experience of an health care professional in examining the feet and the proper fitting of the needed therapeutic shoe/device.

The following information is to outline a better understanding about foot sizes, measuring methods and shoe size converting systems.

Raphael Boehm June 2015



#### **INTRODUCTION I – Shoe Sizes**

General parlance is talking about shoe sizes in the same content as of shoe length and/or foot sizes.

Also in general there are three ways measuring sizes for a proper fitting shoe, of which a patient only has access to two option to get knowledge about his shoe size.

The most unreliable one is, to trust in the declared size of the shoes he's wearing.

According to statistics, 82% of the Germans are wearing shoes, which are not correlated to their foot sizes. \*

\* Source: German Foot Report 2010 In: Diabetes Forum 5/2011



#### **INTRODUCTION II – Shoe Size Sytems**

The only reliable measuring scale for the patient therefore is to measure the length of the foot.

But knowing the length of the foot, these numbers still need to be converted into "shoe sizes".

A "shoe size" is an alphanumerical indication of the fitting size of a shoe for a person.

One problem here is, that there are several different shoe-size systems that are used worldwide. Even within one country different systems might be used.

These systems differ in what and where they measure

- what unit of measurement they use
- where the size 0 (or 1) is positioned



#### **INTRODUCTION III – Shoe Size Converter**

The next problem in identifying a correct "shoe Size" is the availability of different versions of conversion tables (even some companies developed their own conversion table), especially as the alphanumeric numbers of different units (cm vs. inch) create overlapping and/or gaps in the conversion (an example can be seen at the end of this presentation).

Beside all the said above only a few systems also take into account the width of the feet.

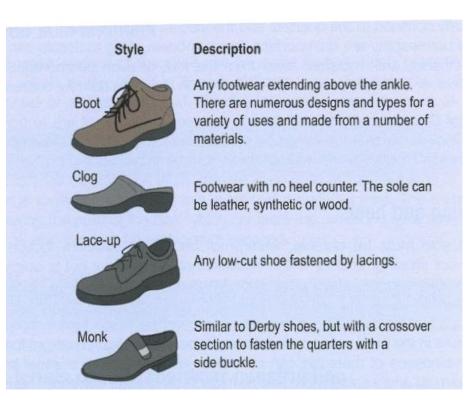
Often a shoe size system consists of numbers, indicating just the length because many shoemakers only provide a standard width for economic reasons.

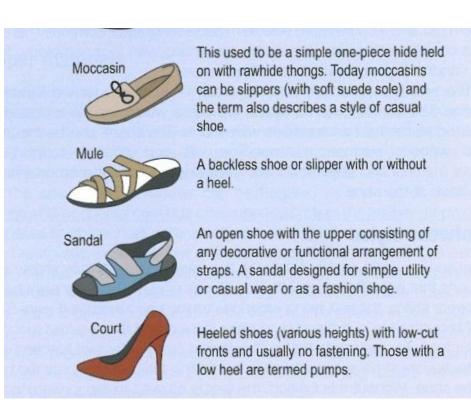
Text Source: Modified from WIKIPEDIA 2013



#### **INTRODUCTION IV – Shoe Types**

Last not Least: mostly different shoe-size systems are in use for different types of shoes (e.g., men's, women's, children's, sport, or safety shoes).

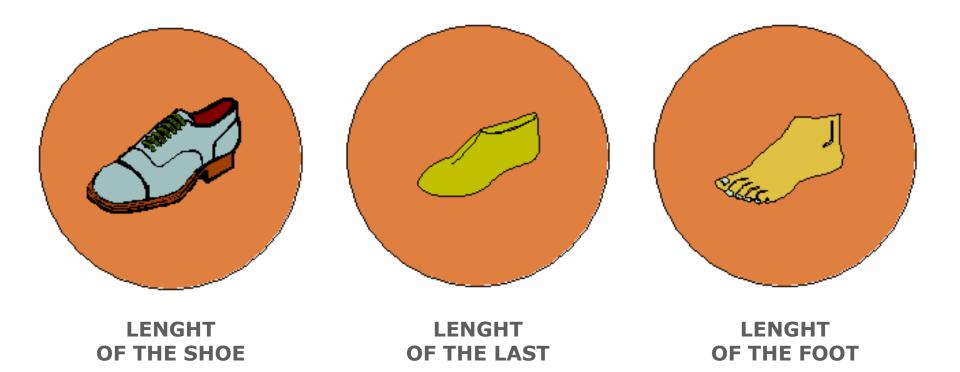








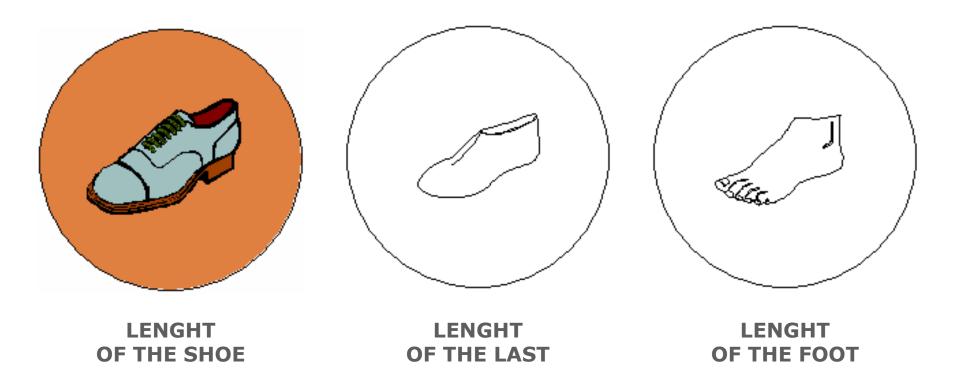
### THREE CHARACTERISTIC LENGTHS A SHOE-SIZE SYSTEM CAN REFER TO







# THREE CHARACTERISTIC LENGTHS A SHOE-SIZE SYSTEM CAN REFER TO







#### THE LENGTH OF THE OUTER SOLE OF THE SHOE



The length of the outer sole of the shoe WILL NOT give you ANY detailed information and is therefore Useless.

It might only give you a very rough idea of a possible size.

Picture Source: http://www.bestofchina.eu/images/ taichi/kleidung/tchishoe.html



#### THE LENGTH OF THE INNER CAVITY OF THE SHOE

Each size of shoe is considered suitable for a small interval of foot lengths.

The inner cavity of a shoe must typically be 15-20 mm longer than the foot, but this relation varies between different types of shoes!

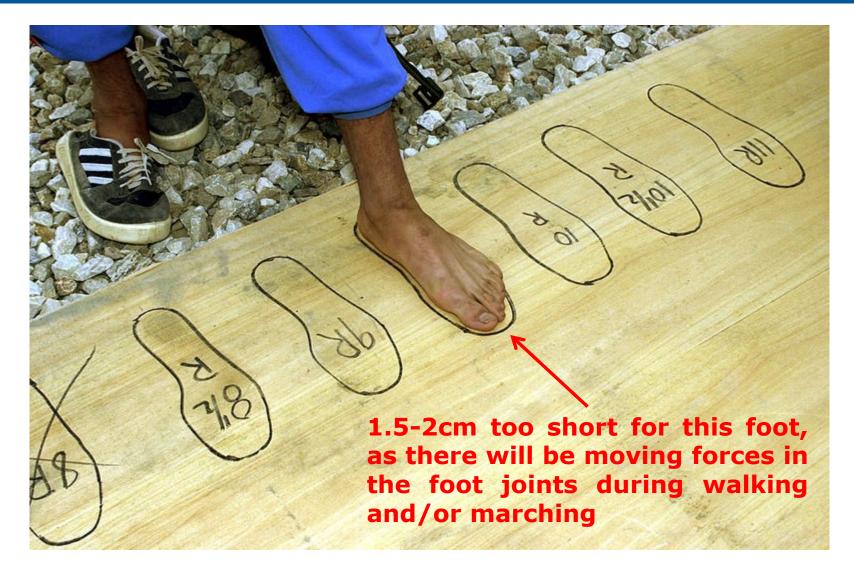
Measuring the inner cavity has the advantage that it can be measured easily on the finished product.

However, it will vary with manufacturing tolerances and provides the customer only very crude information about the range of foot sizes for which the shoe is suitable.

The following pictures shows a potential failure in selecting the proper size:

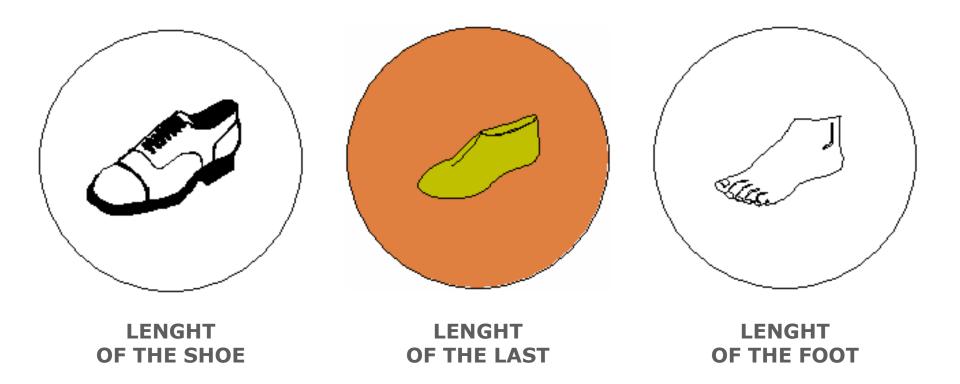


#### **IDENTIFYING THE SIZE OF ARMY BOOTS IN AFGANISTHAN**





# THREE CHARACTERISTIC LENGTHS A SHOE-SIZE SYSTEM CAN REFER TO







#### THE LENGTH OF THE LAST

The Last is the foot-shaped template over which a regular shoe is manufactured.



Picture Source: www.etzy.com



Picture Source: www.yooyama.de

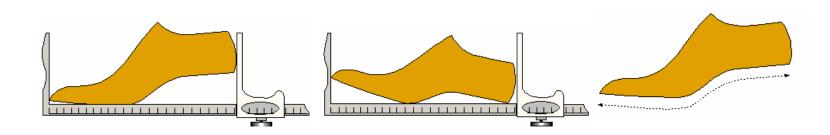


#### DIFFICULTIES IN MEASURING THE LENGTH OF THE LAST

This measure is the easiest one for the manufacturer to use, because it identifies only the tool used to produce the shoe. It makes no promise about manufacturing tolerances or for what size of foot the shoe is actually suitable.

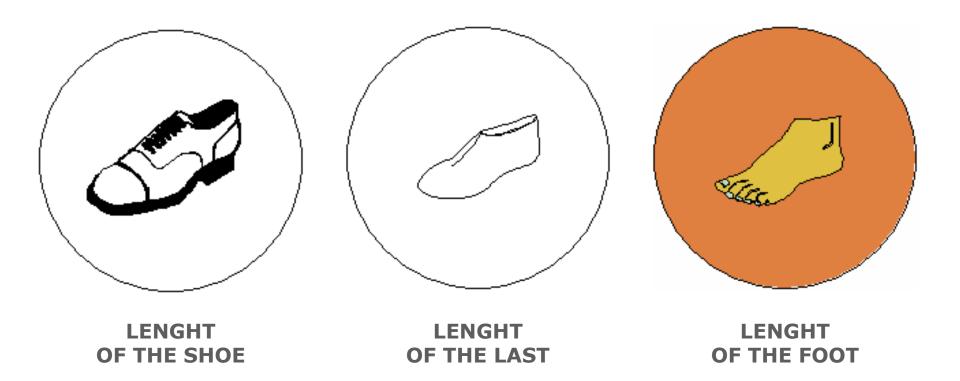
It leaves all responsibility and risk of choosing the correct size with the customer.

Further, the last can be measured in several different ways resulting in different measurements.





# THREE CHARACTERISTIC LENGTHS A SHOE-SIZE SYSTEM CAN REFER TO







#### THE MEDIAN LENGTH OF THE FEET FOR WHICH A SHOE IS SUITABLE

The most reliable size of feet for which a shoe is suitable is the median length.

For customers, this measuring method has the advantage of being directly related to their body measures. It applies equally to any type, form, or material of shoe.

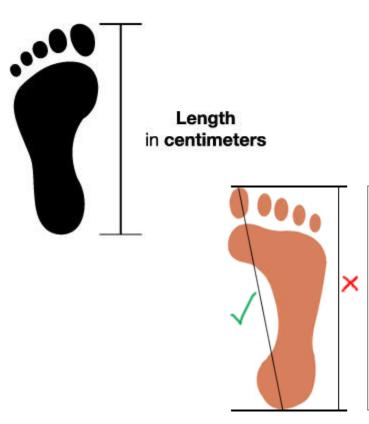
However, this measuring method is less popular with manufacturers, because it requires them to test carefully for each new shoe model, for which range of foot sizes it is recommendable. It puts on the manufacturer the burden of ensuring that the shoe will fit a foot of a given length.

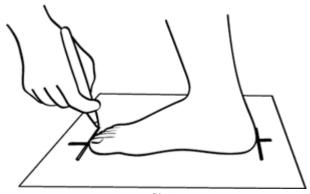
So, measuring the median length of a foot sounds easy, but where do you really measure?



#### WHERE TO MEASURE THE MEDIAN LENGTH?

# Different sources in the world wide web refer to different ways of measuring





Picture: http://clobbaonline.com

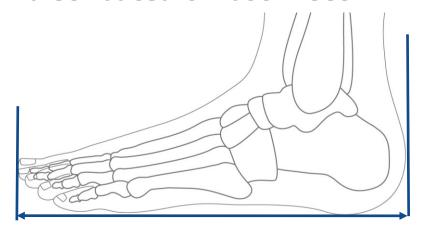
MEASURE BETWEEN THE BACK OF YOUR HEEL AND THE TIP OF YOUR LONGEST TOE.

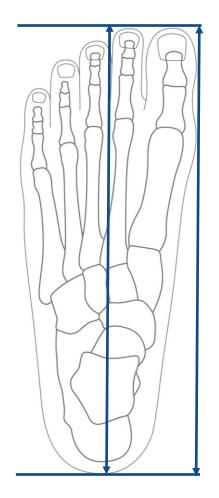
BE SURE TO MEASURE THE LONGEST DIMENSION OF BOTH FEET. MOST PEOPLE WILL SEE A DIFFERENCE OF HALF A CENTIMETER OR MORE BETWEEN THE MEASUREMENTS SHOWN HERE.



#### THE MEDIAN LEGTH

The length of a foot is commonly defined as the distance between two parallel lines that are perpendicular to the foot and in contact with the most prominent toe and the most prominent part of the heel. Foot length is measured with the subject standing barefoot and the weight of the body equally distributed on both feet.



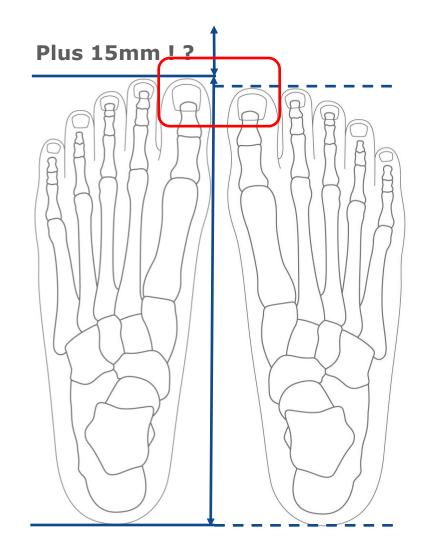




#### PROPER FITTING DUE TO ADDITIONAL mm OF LENGTH?

The sizes of the left and right feet are often slightly different. In this case, both feet are measured, and purchasers of mass-produced shoes are advised to purchase a shoe size based upon the larger foot.

Each size of shoe is considered suitable for a small interval of foot lengths. The inner cavity of a shoe must typically be 15–20 mm longer than the foot, but this relation varies between different types of shoes.

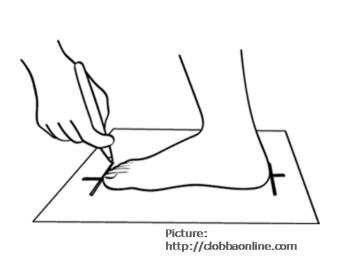




#### **MEASURING METHODS**

For the measuring of the foot length you can use simply a piece of paper and a pencil (as seen earlier)

More accurate would be a measuring device/instrument such as the one beneath



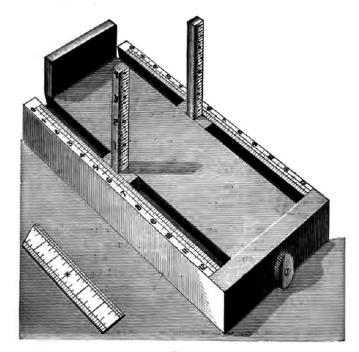
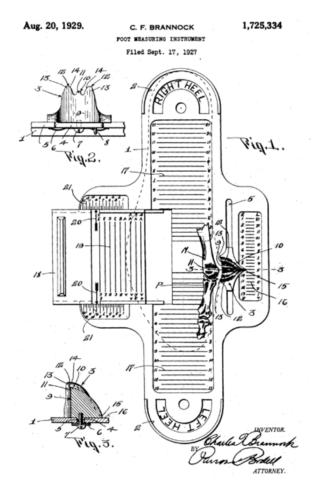


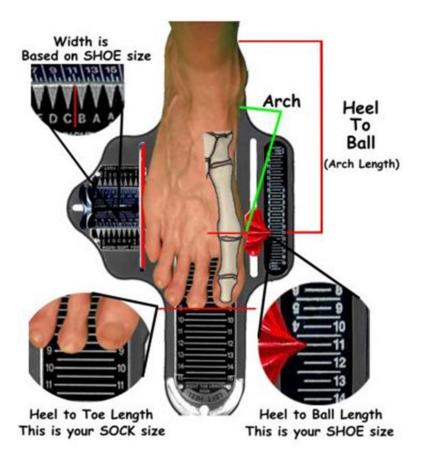
Fig. 46

Picture Source: Ellis, The Human Foot 1886



# The Brannock device (patented in 1927) to measure a foot length is still widely used, also outside the USA.





Picture Source: https://twoqoodfeet.wordpress.com/tag/proper-shoe-fitting/



#### **CONVERTING THE MEASUREMENT DATA**

So, let's say, we properly measured the dimensions of our feet and we do have the data based on cm. Now you need to "convert" this data into a shoe size system, depending on the country you live in or the country the shoe comes from.

The tricky part now is, that only the MONDOPOINT and some Asian systems refer to millimeter. This is easy to convert.

But what if you measure in inches instead of cm or millimeter?

Beside that, only a few sizing systems do refer to a millimeter scaling and not all do start with zero (the so called zero point) at the posterior end of the heel!



#### **DIFFERENT SHOE SIZE SYSTEMS**

This all results in different increments between shoe sizes because usually, only "full" or "half" sizes are made. The following length units are commonly used today to define shoe-size systems:

- > Parisien Point
- > Barleycorn
- > Mondopoint

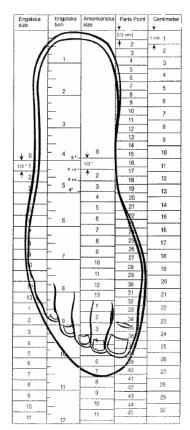
And even the Barleycorn system can be divided into:

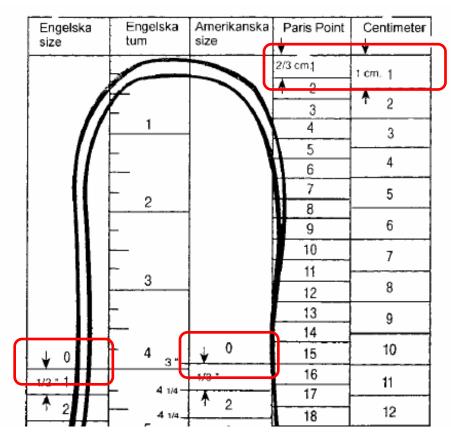
- UK version
- > And four different US versions

Also, some systems do have different sizes for women or men.



Here you can see that different systems do start with the measuring point "zero" at different positions, related to the systemic logic of the related system.







#### THE PARIS POINT SYSTEM

The Paris Point System equates to 2/3 of a centimeter for a full size and 1/3 of a centimeter for a half size.

These fractions result in periodical numbers if you try to write they metric:

```
2/3cm ~ 6.666666666...mm
1/3cm ~ 3.333333333...mm
```

If you are measuring in inches, 1 Inch ~ 2.54cm. That means

2/3cm ~ 1/4 inch or ~ 0.26 inches 1/3cm ~ 1/8 inch or ~ 0.125 inches

Resulting in an increment of 2/3 of a centimeter for whole sizes (commonly used in Continental Europe) and 1/3 of a centimeter for half sizes (rarely used) you usually have to deal with rounding errors already.



#### THE BARLEYCORN SYSTEM

Shoe size in the United Kingdom and Ireland (increasingly, the European system is being used in Ireland in place of the traditionally preferred British system) is based on the length of the last, measured in Barleycorn (1/3 inch) starting from the smallest size deemed practical, which is zero. It is not formally standardized.

The Barleycorn is an old English unit that equates to 1/3 inch (8.46 mm). Half sizes are commonly made, resulting in an increment of 1/6 inch (4.23 mm). This measure is the basis for current UK and U.S. shoe sizes, with the largest shoe size taken as twelve inches (a size 12) and then <u>counting backwards</u> in barleycorn units.

And although the Barleycorn is used in the UK as well as in the U.S., the size description differs in both territories. Why?



#### THE BARLEYCORN SYSTEM IN THE U.S. - Customary

In the UK as well as in the U.S. the first 4 inches (1hand) is reserved for children sizes. So the zero point starts at  $\sim$  4 inches. Plus, especially in the U.S. women sizes are usually <u>1.5 units higher</u> than the men sizes (I.e. a men's 10.5 is a women's 12).

And in the U.S. you do find four different sizing systems, all based on Barleycorn units, but having different zero points.

# 1.) CUSTOMARY

The traditional system is similar to English sizes but start counting at <u>one</u> rather than <u>zero</u>, so equivalent sizes are one greater. This is similar to the way that floors in buildings are numbered; the British count the ground floor as zero, whereas the Americans count the ground floor as one.



#### THE BARLEYCORN SYSTEM IN THE U.S. - Standard and Athletic

# 2.) Standard

In the less popular scale, known as the "standard" or "FIA" (Footwear Industries of America) scale, women's sizes are men's sizes plus 1 (so a men's 10.5 is a women's 11.5). Even using the Barleycorn in both systems, you might end up in different scaling of the shoe size. In the mean sizes the difference might not matter that much whereas in the smaller and bigger size the differences are significant. Adding 2/3 inches reaches almost the sizes of the <u>Brannock system</u>.

# 3.) Athletic

Plenty of the manufactures in the sport shoe industry (i.e. Nike, Reebok, Fila) however often don't stick to the Barleycorn, neither to the Paris Point, but increment their sizes by 10mm between each size. And here women sizes often <u>1 unit bigger</u> than the male counterpart.



#### THE BARLEYCORN SYSTEM IN THE U.S. - Brannock

# 4.) Brannock

A slightly different sizing method is based on the Brannock Device, a measuring instrument invented by Charles F. Brannock in 1925 and now found in many shoe stores.

The method measures the length of the distance of the heel and the widest point of the foot. For that purpose, the device has another, shorter scale at the side of the foot. If this scale indicates a larger size, it is taken in place of the foot's length (see pictures page 21).

The formula used by the Brannock device assumes a foot length 2/3 inch (1.7 cm) less than the length of the last; thus, men's size 1 is equivalent to a foot's length of  $7 \frac{2}{3}$  inches. Women's sizes are one size up.



#### THE BARLEYCORN SYSTEM IN THE U.S. – Brannock

Before the Brannock Device®, the available option was a primitive block of measured wood (see picture on page 20). The Brannock Device® dramatically improved the accuracy of a foot measurement, to 95-96 percent right.

The size system is linear. For example, a Men's size 1 is 7-2/3 inches. Each additional size is 1/3 inch longer.

Widths work the same way. Each width is separated by a distance of 3/16 of an inch. There are actually nine widths in the US system (width actually varies with foot length): AAA, AA, A, B, C, D, E, EE, and EEE.

The widths are 3/16 in apart and differ by shoe length.



#### THE MONDOPOINT

The International Standard ISO 9407:1991, "Shoe sizes—Mondopoint system of sizing and marking", recommends a shoe size system known as Mondopoint.

It is based on the mean foot length and width for which the shoe is suitable, measured in millimetres. A shoe size of 280/110 indicates a mean foot length of 280 millimeters (11 inches) and width of 110 millimeters (4.3 inches).

Because Mondopoint also takes the foot width into account, it allows for better fitting than most other systems. It is, therefore, used by NATO and other military services. Mondopoint is also used for ski boots.

European standard EN 13402, used also for clothes, recommends instead that shoes be labelled with the interval of foot lengths for which they are suitable, measured in centimeters.

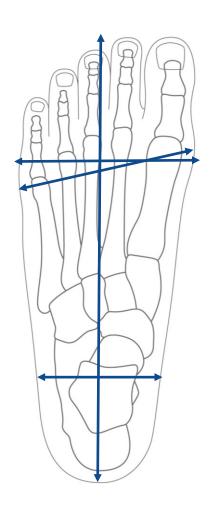


#### THE WIDTH OF THE FEET

Another scale to determine the shoe size is the width of the foot. Measuring points are the widest part of the foot. At the ball as well as at the heel. The MONDOPOINT System is one which takes this scale under consideration. But it usually only refers to the width between lateral aspect of Metatarsal head V and medial aspect of Metatarsal I.



Picture: Same length, different width Richard BH from Hamilton, Canada Via Flicker, October 15th 2009





Some systems, like the Mondopoint, also include the width of a foot. But also here there are different methods indicating the width.

More commonly width is assigned a letter (or combination of letters), which is taken from a table (indexed to length and width) or just assigned on an ad-hoc basis. Examples include (each starting with the narrowest width). Examples are:

typical North American:

A, B, C, D, E, EE, EEE, EEEE, F, G

variant North American:

4A, 3A, 2A, A, B, C, D, E, 2E, 3E, 4E, 5E, 6E

common UK:

A, B, C, D, E, F, G ("medium" is usually F, but varies by manufacturer/makers



The average shoe width is a "B," so size C and D are considered wide shoe sizes; size E and up are considered extra wide. Women are more likely to have wide feet than men. This is because women's hips are wider, giving their feet a greater tendency to over pronate, or roll inwards. Feet that over pronate are often wider than feet that don't. People may be born with wide feet, but more often they're the result of one or more common causes:

Aging – Peoples feet widen with age as the ligaments and muscles in their feet stretch and relax.

Obesity – Extra weight puts more pressure on those ligaments and muscles, flattening them out.

Excess standing – People who have jobs that require them to be on their feet for long periods of time, year after year, may find that their feet get wider over time.



Pregnancy – The extra weight gained rapidly by pregnant women puts a strain on the structure of their feet, causing them to spread. Additionally, their bodies also produce relaxin, a hormone that makes muscles relax, including the muscles in their feet. Some women's feet return to their original size after they give birth, but many find themselves permanently wearing a larger size (this, by the way, is another reason why women are overall more likely to have flat feet).

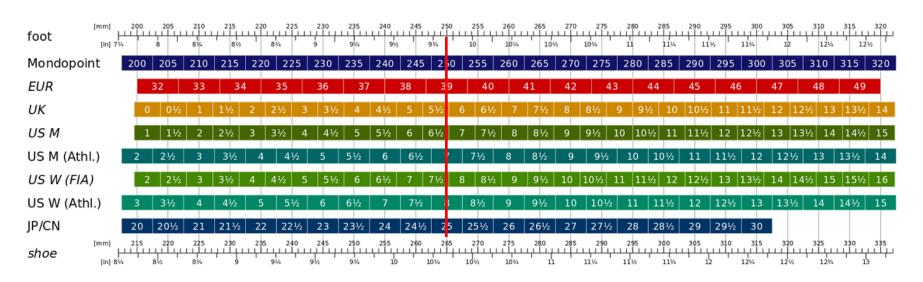
Deformities, i.e. Bunions – When your first metatarsal pushes outward, forming a bump below your big toe, your forefoot becomes wider, pushing you into a different size shoe.

So now let's have a look at a typical conversion table in regards to foot length only and the results in different shoe size systems:



# **CONVERSION TABLE SHOE SIZES – a sample out of dozens**

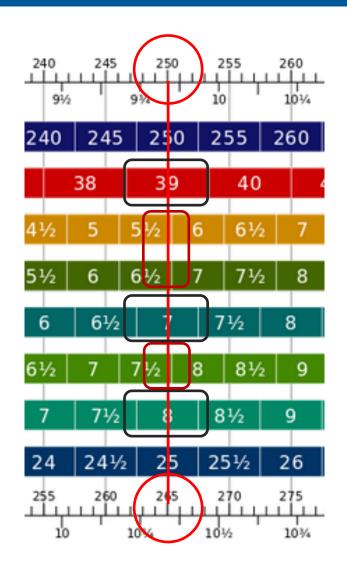
This is an example taken from WIKIPEDIA 2013 for a converter table of different shoe sizing systems.



On the first view this demonstrates already the complexity of possible conversions. Let's estimate in an example the foot length was measured as 25cm.



#### **CONVERSION TABLE SHOE SIZES – a sample out of hundreds**



Here you can see that a 250mm (25cm) foot size is related to a 265mm (26,5cm) size of the shoe (red circle)

And a 250mm size is a almost perfect European Size 39 or a US male athletic 7 and US female athletic 8 (black rectangle)

Whereas the same 250mm are on the borderline between an UK  $5\frac{1}{2}$ , an US male  $6\frac{1}{2}$  and an US (FIA) female (red rectangle)

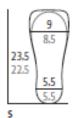


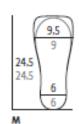
#### DARCO PRODUCT SIZES AND MEASUREMENTS

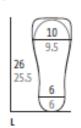
Taking under consideration all the above said, you therefor do find sizes and measurements on the last pages of the DARCO product catalogue.

#### Sizes and Measurements

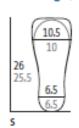
MedSurg™, Original MedSurg™, Softle™ Shoe (Women)

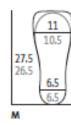


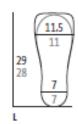


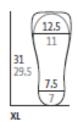


MedSurg™, Original MedSurg™, Softle™ Shoe (Men)

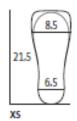


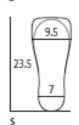


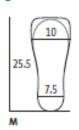


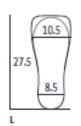


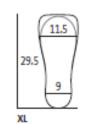
APB™, HeelWedge™, OrthoWedge®, TwinShoe, SlimLine™













# **SHOE SIZE CONVERSION CHART USED BY DARCO / Women Sizes**

# DARCO has chosen the conversion chart by http://www.shoesizes.co/index.html

# Women's International Shoe Size Conversion Chart

| Centimeters | Inches | US/Canada | UK  | Euro  | Australia/NZ | Japan | China | Mexico | Korea | Modopoint |
|-------------|--------|-----------|-----|-------|--------------|-------|-------|--------|-------|-----------|
| 22.8        | 9      | 5         | 2½  | 35    | 3½           | 21    | 35.5  | -      | 228   | 228       |
| 23.1        | 91/8   | 5½        | 3   | 35½   | 4            | 21.5  | 36    | -      | 231   | 231       |
| 23.5        | 91/4   | 6         | 3½  | 36    | 41/2         | 22    | 37    | -      | 235   | 235       |
| 23.8        | 93/8   | 6½        | 4   | 37    | 5            | 22.5  | 37.5  | -      | 238   | 238       |
| 24.1        | 9½     | 7         | 4½  | 37½   | 5½           | 23    | 38    | -      | 241   | 241       |
| 24.5        | 95/8   | 7½        | 5   | 38    | 6            | 23.5  | 39    | 4.5    | 245   | 245       |
| 24.8        | 9¾     | 8         | 5½  | 38½   | 6½           | 24    | 39.5  | 5      | 248   | 248       |
| 25.1        | 97/8   | 81/2      | 6   | 39    | 7            | 24.5  | 40    | 5.5    | 251   | 251       |
| 25.4        | 10     | 9         | 6½  | 40    | 7½           | 25    | 41    | 6      | 254   | 254       |
| 25.7        | 101/8  | 9½        | 7   | 41    | 8            | 25.5  | 41.5  | 6.5    | 257   | 257       |
| 26          | 101/4  | 10        | 7½  | 42    | 81/2         | 26    | 42    | 7      | 260   | 260       |
| 26.7        | 10½    | 10½       | 8   | 43    | 9            | 27    | 43    | 7.5    | 267   | 267       |
| 27.3        | 10¾    | 12        | 9½  | 44    | 10½          | 28    | 44.5  | 9      | 273   | 273       |
| 27.9        | 11     | 13        | 10½ | 45    | 11½          | 29    | 46    | 10     | 279   | 279       |
| 28.6        | 111/4  | 14        | 11½ | 461/2 | 121/2        | 30    | 47    | 11     | 286   | 286       |
| 29.2        | 11½    | 15½       | 13  | 481⁄2 | 14           | 31    | 48    | 12.5   | 292   | 292       |

**DARCO** 

# **SHOE SIZE CONVERSION CHART USED BY DARCO / Men Sizes**

# Men's International Shoe Size Conversion Chart

| Centimeters | Inches | US/Canada | UK   | Euro  | Australia/NZ | Japan | China | Mexico | Korea | Modopoint |
|-------------|--------|-----------|------|-------|--------------|-------|-------|--------|-------|-----------|
| 22.8        | 9      | 3½        | 3    | 35    | 3            | 21.5  | 35    | -      | 228   | 228       |
| 23.1        | 91/8   | 4         | 3½   | 35½   | 3½           | 22    | 36    | -      | 231   | 231       |
| 23.5        | 91/4   | 4½        | 4    | 36    | 4            | 22.5  | 37    | -      | 235   | 235       |
| 23.8        | 93/8   | 5         | 41/2 | 37    | 41/2         | 23    | 38    | 4.5    | 238   | 238       |
| 24.1        | 9½     | 5½        | 5    | 37½   | 5            | 23.5  | 39    | 5      | 241   | 241       |
| 24.5        | 95/8   | 6         | 5½   | 38    | 5½           | 24    | 39.5  | 5.5    | 245   | 245       |
| 24.8        | 9¾     | 6½        | 6    | 38½   | 6            | 24.5  | 40    | 6      | 248   | 248       |
| 25.1        | 9%     | 7         | 6½   | 39    | 6½           | 25    | 41    | 6.5    | 251   | 251       |
| 25.4        | 10     | 7½        | 7    | 40    | 7            | 25.5  | -     | 7      | 254   | 254       |
| 25.7        | 101/8  | 8         | 7½   | 41    | 7½           | 26    | 42    | 7.5    | 257   | 257       |
| 26          | 101/4  | 81/2      | 8    | 42    | 8            | 26.5  | 43    | 9      | 260   | 260       |
| 26.3        | 103/8  | 9         | 81/2 | 43    | 81/2         | 27    | 43.5  | -      | 263   | 263       |
| 26.7        | 10½    | 9½        | 9    | 431/2 | 9            | 27.5  | 44    | 10     | 267   | 267       |
| 27          | 10%    | 10        | 9½   | 44    | 9½           | 28    | 44.5  | -      | 270   | 270       |
| 27.3        | 10¾    | 10½       | 10   | 441/2 | 10           | 28.5  | 45    | 11     | 273   | 273       |
| 27.6        | 10%    | 11        | 10½  | 45    | 10½          | 29    | 46    | -      | 276   | 276       |
| 27.9        | 11     | 11½       | 11   | 451/2 | 11           | 29.5  | -     | 12.5   | 279   | 279       |
| 28.3        | 111/8  | 12        | 11½  | 46    | 11½          | 30    | 47    | -      | 283   | 283       |
| 28.6        | 111/4  | 12½       | 12   | 461/2 | 12           | 30.5  | 47.5  | -      | 286   | 286       |
| 28.9        | 113/8  | 13        | 12½  | 47    | 12½          | 31    | 48    | -      | 289   | 289       |
| 29.2        | 11½    | 13½       | 13   | 47½   | 13           | 31.5  | -     | -      | 292   | 292       |

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# **SHOE SIZE CONVERSION CHART USED BY DARCO / Infant's Sizes**

# Infant's/Kid's International Shoe Size Conversion Chart

| Centimeters | Inches                        | US/Canada | UK    | Euro  | Australia/NZ |  |
|-------------|-------------------------------|-----------|-------|-------|--------------|--|
| 8.3         | 31/4                          | 1/2       | 0 15½ |       | 0            |  |
| 8.9         | 31/2                          | 1         | 1/2   | 16    | 1/2          |  |
| 9.2         | 35⁄8                          | 1½        | 1     | 161/2 | 1            |  |
| 9.5         | 3¾                            | 2         | 1     | 17    | 1            |  |
| 10.2        | 4                             | 21/2      | 11/2  | 17½   | 1½           |  |
| 10.5        | 4½                            | 3         | 2     | 18    | 2            |  |
| 10.8        | 41/4                          | 31/2      | 21/2  | 18½   | 21/2         |  |
| 11.4        | 41/2                          | 4         | 3     | 19    | 3            |  |
| 11.7        | 4 <sup>5</sup> / <sub>8</sub> | 41/2      | 3½    | 19½   | 3½           |  |
| 12.1        | 4¾                            | 5         | 4     | 20    | 4            |  |
| 12.7        | 5                             | 51/2      | 41/2  | 21    | 41/2         |  |
| 13          | 51%                           | 6         | 5     | 22    | 5            |  |
| 13.3        | 51/4                          | 61/2      | 5½    | 221/2 | 5½           |  |
| 14          | 51/2                          | 7         | 6     | 23    | 6            |  |
| 14.3        | 5%                            | 71/2      | 61/2  | 23½   | 61/2         |  |
| 14.6        | 5¾                            | 8         | 7     | 24    | 7            |  |
| 15.2        | 6                             | 81/2      | 7½    | 241/2 | 71/2         |  |
| 15.6        | 61/%                          | 9         | 8     | 25    | 8            |  |
| 15.9        | 61/4                          | 91/2      | 81/2  | 26    | 81/2         |  |
| 16.5        | 61/2                          | 10        | 9     | 27    | 9            |  |
| 16.8        | 65%                           | 101/2     | 91/2  | 27½   | 91/2         |  |
| 17.1        | 6¾                            | 11        | 10    | 28    | 10           |  |
| 17.8        | 7                             | 11½       | 101/2 | 29    | 10½          |  |
| 18.1        | 7⅓                            | 12        | 11    | 30    | 11           |  |
| 18.4        | 71/4                          | 121/2     | 11½   | 30½   | 111/2        |  |
| 19.1        | 71/2                          | 13        | 12    | 31    | 12           |  |
| 19.4        | 75⁄8                          | 13½       | 121/2 | 31½   | 121/2        |  |

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#### **ATTENTION**

Medical and/or orthopedic and/or therapeutic footwear needs to be applied by an experienced Health Care Professional (HCP). The shoe sizes mentioned in the DARCO catalogue are for orientation purpose only. Wound dressings, toe and/or foot deformities, amputations, status of the healing process and many other indications might require a bigger shoe size as the patient is used to wear with his regular street footwear.



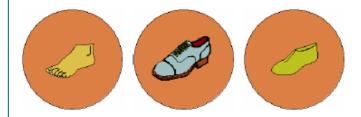
**Experience** is required to finally establish that the footwear is the most appropriate fitting and size for the foot. Whatever size scale is printed on the inside of the footwear, or whatever size is measured on a gauge, there is no substitute for a valuable experience of an expert in shoe fitting who can ensure that the shoe and the foot complement each other in size, form and function.

Cited from: **Tyrell, W. / Carter, G. (2009)**"Therapeutic Footwear – A comprehensive Guide" *Churchill Livingstone, p.84* 



#### **RECOMMENDED LITERATURE**

# Foot Last Shoe



Recommendation to suppliers and manufacturers of orthopaedic footwear concerning sizes of shoes and lasts

A report from The Swedish Handicap Institute, Sweden Bengt Andersson, 2004-02-04



The Swedish Handicap Institute (SHI) is a national resource centre on assistive technology and accessibility for persons with disabilities.

We work for full participation and equality for persons with disabilities by ensuring access to high-quality assistive technology, an effective provision of assistive devices and an accessible environment.

#### The activities of the Swedish Handicap Institute cover:

- · testing and procurement of assistive devices
- research and development
- · analyses of needs, knowledge and method development
- training and capacity building
- · accessibility and design for all
- · international cooperation
- information

The Swedish Handicap Institute is run by the Ministry of Health and Social Affairs, the Federation of Swedish County Councils and the Swedish Association of Local Authorities.



The Swedish Handicap Institute

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