

# Taking Measurements

The following measurements are needed for the following shoe types:

Shoes:	Measurements 1 - 5
Ankle shoes:	Measurements 1 - 6
Bootees:	Measurements 1 - 8
Knee-high boots:	Measurements 1 – max. 16

The following measurements of circumferences should be taken while you are standing. The measuring tape should go completely around the foot and fit snugly to the foot.

- No. 1,** the toe measure, taken loosely over the inner ball of the foot and the little toe
  - No. 2,** the ball measure, measured at the widest point over the inner and outer ball of the foot
  - No. 3,** the instep measure, measured over the navicular bone, which can be felt on the top of the foot
  - No. 4,** the heel measurement, is the circumference measured over the heel and the foot bend
  - No. 5,** the ankle measure, measured over the inner ankle
  - No. 6,** taken at a height of about 15 cm over the floor
- All other calf measures are taken at 5 cm increments upwards if necessary

