

Finding your perfect fit...

Most people should order their normal shoe size in a medium fit.

For narrower or wider fittings you should use the measuring instructions below and find the correct fitting in the charts opposite.

Measuring your feet

Wear the socks/hosiery you would normally wear and take measurements towards the end of the day – your feet will usually expand during the course of the day.

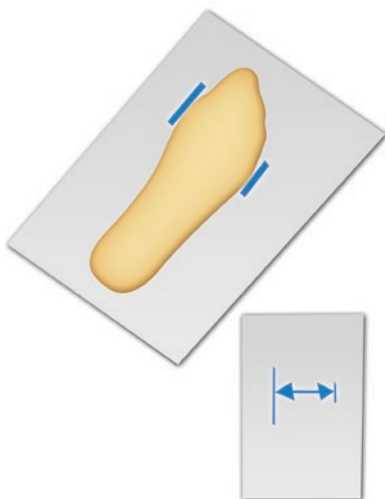
YOU MAY FIND IT USEFUL TO HAVE A FRIEND ASSIST YOU.



MEASURE YOUR FOOT LENGTH

- 1** Put a piece of paper on the floor against a wall. Stand on the paper with heels against the wall.
- 2** For each foot mark the paper at the tip of the longest toe.
- 3** Measure in mm the distance from the edge of the paper to the furthest mark and record it here:

FOOT LENGTH mm



MEASURE YOUR FOOT WIDTH

- 1** Stand on another piece of paper.
- 2** For both feet, with the foot flat on the floor, mark the paper at on each side where the foot is widest.
- 3** Extend the marks to make two parallel lines, measure the distance between them and record the widest measurement here:

FOOT WIDTH mm

Find your *Foot Length* in the left column to identify your **SHOE SIZE***, move across the table to the first measurement greater than your *Foot Width* to identify your **WIDTH FITTING**:

WOMEN'S STYLES		WIDTH FITTING			
FOOT LENGTH		N	M	W	XW
215-219mm	SIZE 3	76mm	95mm	105mm	114mm
220-223mm	SIZE 3½	77mm	97mm	107mm	116mm
224-227mm	SIZE 4	79mm	98mm	108mm	118mm
228-232mm	SIZE 4½	81mm	100mm	110mm	120mm
233-236mm	SIZE 5	82mm	101mm	112mm	121mm
237-241mm	SIZE 5½	84mm	103mm	114mm	123mm
242-245mm	SIZE 6	85mm	105mm	115mm	125mm
246-249mm	SIZE 6½	86mm	106mm	117mm	126mm
250-254mm	SIZE 7	88mm	108mm	118mm	127mm
255-258mm	SIZE 7½	90mm	110mm	120mm	129mm
259-262mm	SIZE 8	91mm	111mm	122mm	130mm
263-266mm	SIZE 8½	93mm	113mm	123mm	132mm
267-275mm	SIZE 9½	96mm	116mm	126mm	135mm

MEN'S STYLES		WIDTH FITTING		
FOOT LENGTH		M	W	XW
247-251mm	SIZE 7	99mm	113mm	122mm
252-255mm	SIZE 7½	103mm	118mm	127mm
256-259mm	SIZE 8	105mm	119mm	129mm
260-264mm	SIZE 8½	107mm	121mm	130mm
265-268mm	SIZE 9	108mm	122mm	132mm
269-272mm	SIZE 9½	110mm	124mm	133mm
273-276mm	SIZE 10	111mm	125mm	135mm
277-281mm	SIZE 10½	113mm	127mm	137mm
282-285mm	SIZE 11	114mm	129mm	138mm
286-289mm	SIZE 11½	117mm	131mm	140mm
290-293mm	SIZE 12	118mm	132mm	142mm
294-297mm	SIZE 12½	120mm	134mm	143mm
298-305mm	SIZE 13½	123mm	137mm	na
306-315mm	SIZE 14½	126mm	140mm	na

**YOU MAY BE A SMALLER SIZE THAN YOU EXPECTED. People often have to buy shoes that are bigger than they really need just to fit wider feet. Your Dr. Comfort shoes should be both the correct length and width for your feet.*