

Foot Lift Sizing Chart

Men's Lift Size	Women's Lift Size	Actual Length of Lift (inches)
Extra Extended Size		14 ½
Extended Size		13 ½
13	15	12 ⅛
12	14	11 ¾
11	13	11 ½
10	12	11 ⅛
9	11	10 ¾
8	10	10 ½
7	9	10 ⅛
6	8	9 ¾
5	7	9 ½
4	6	9 ⅛
2 (Child)	5	9 ⅛
1 (Child)	4	8 ¾
13 (Child)		8 ½
12 (Child)		8 ⅛

NOTE: THE ABOVE SIZES ARE FULL FOOT LIFT SIZES – NOT SHOE SIZES.

Many different sizing standards exist. Sizing between shoe manufacturers varies considerably, sometimes as much as two shoe sizes. In addition, your patient's feet may fit differently in different shoe brands and sizes, sometimes requiring more room in the toe box. The actual lengths (in inches) of the lifts are provided in the table above. **To ensure the most accurate sizing please compare the "Actual Length" in the above chart to the length of the patient's shoe insert and mark the appropriate lift size on the design form.**

The above chart is provided as a guide for practitioners. Lifts may be trimmed and cut to fit upon receipt. It is not a requirement that measurements be taken to order, however no returns or exchanges can be accepted for erroneous size orders.

When less height is desired in the forefoot area, the lift can be graduated by using scissors to cut back successive layers of vinyl (figure 1).

Figure 1. Side (lateral) view of lift showing graduation of successive 1mm layers.

