

How to Correctly Size Your Feet For Pedors



Please note: For bandaged or compression wrapped feet trace the foot with the wrap or bandage on the foot.

Step 1. Sit & Trace

While the person being measured is in a seated position, trace around their stockinged feet on a piece of paper, making sure to keep the pen vertical while tracing so that the tracing is as accurate as possible.

Step 2. Measure Length & Width

From the tracings, measure the longest of their two feet and the widest of their two feet and write down the measurements.

Note: Measurements Are in 'Inches'



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Match the length measurement to the sizes below. If you are between two sizes, go up a size.

Length	Women's	Men's
Inches	Size	Size
7 6/8	3	
8 1/8	4	
8 4/8	5	
8 5/8	5.5	
8 6/8	6	
9	6.5	
9 1/8	7	
9 2/8	7.5	
9 4/8	8	
9 5/8	8.5	
9 6/8	9	7
10	9.5	7.5
10 1/8	10	8
10 2/8	10.5	8.5
10 4/8	11	9
10 5/8	11.5	9.5
10 6/8	12	10
11	12.5	10.5
11 1/8	13	11
11 2/8	13.5	11.5
11 4/8	14	12
11 5/8	14.5	12.5
11 6/8	15	13
12 1/8	16	14
12 4/8	17	15



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Next, locate your shoe size on the left and then scroll across to find the nearest width measurement to the one you took from the tracing. Then look up the table to find your width. You should now have the size and width you need to place the order

	Women's	Med	Wide	XW (2E)	XXW (4E)	XXXW (6E)
	3	3	3 1/8	3 3/8	3 4/8	3 5/8
	4	3 1/8	3 2/8	3 4/8	3 5/8	3 6/8
	5	3 2/8	3 3/8	3 5/8	3 6/8	3 7/8
	5.5	3 2/8	3 4/8	3 5/8	3 7/8	4
	6	3 2/8	3 4/8	3 6/8	3 7/8	4
	6.5	3 3/8	3 4/8	3 6/8	4	4 1/8
	7	3 3/8	3 5/8	3 7/8	4	4 1/8
	7.5	3 4/8	3 5/8	3 7/8	4 1/8	4 2/8
	8	3 4/8	3 6/8	4	4 1/8	4 2/8
Mens	8.5	3 5/8	3 6/8	4	4 2/8	4 2/8
7	9	3 5/8	3 7/8	4	4 2/8	4 3/8
7.5	9.5	3 6/8	3 7/8	4 1/8	4 2/8	4 3/8
8	10	3 6/8	4	4 1/8	4 3/8	4 4/8
8.5	10.5	3 7/8	4	4 2/8	4 3/8	4 4/8
9	11	3 7/8	4 1/8	4 2/8	4 4/8	4 5/8
9.5	11.5	4	4 1/8	4 3/8	4 4/8	4 5/8
10	12	4	4 2/8	4 3/8	4 5/8	4 6/8
10.5	12.5	4 1/8	4 2/8	4 4/8	4 5/8	4 6/8
11	13	4 1/8	4 3/8	4 4/8	4 6/8	4 7/8
11.5	13.5	4 2/8	4 3/8	4 5/8	4 6/8	4 7/8
12	14	4 2/8	4 4/8	4 5/8	4 7/8	5
12.5	14.5	4 2/8	4 4/8	4 6/8	4 7/8	5
13	15	4 3/8	4 5/8	4 6/8	5	5 1/8
14	16	4 4/8	4 6/8	4 7/8	5 1/8	5 2/8
15	17	4 5/8	4 6/8	5	5 2/8	5 2/8



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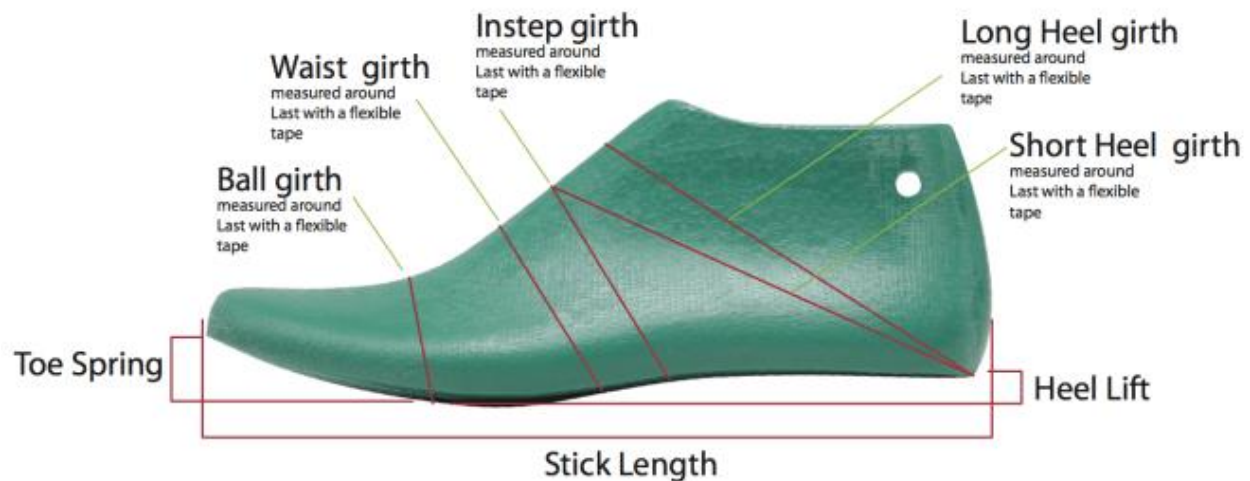
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Lastly, if you would like to make sure the girth of the foot is going to be accommodated, check against the table below.

The girth measurement we are looking for is the "Waist Girth" rather than the "Instep Girth".



To get the correct girth measurement please refer to the image above. Be sure to measure your feet when the swelling is greatest which is usually late afternoon or early evening.



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	Women's	Med	Wide	XW (2E)	XXW (4E)	XXXW (6E)
	3	8 5/8	8 7/8	9 1/8	9 5/8	10 1/8
	4	8 7/8	9 1/8	9 3/8	9 7/8	10 3/8
	5	9 1/8	9 3/8	9 5/8	10 1/8	10 5/8
	5.5	9 2/8	9 4/8	9 6/8	10 2/8	10 6/8
	6	9 3/8	9 5/8	9 7/8	10 3/8	10 7/8
	6.5	9 4/8	9 6/8	10	10 4/8	11
	7	9 5/8	9 7/8	10 1/8	10 5/8	11 1/8
	7.5	9 6/8	10	10 2/8	10 6/8	11 2/8
	8	9 7/8	10 1/8	10 3/8	10 7/8	11 3/8
Mens	8.5	10	10 2/8	10 4/8	11	11 4/8
7	9	10 1/8	10 3/8	10 5/8	11 1/8	11 5/8
7.5	9.5	10 2/8	10 4/8	10 6/8	11 2/8	11 6/8
8	10	10 3/8	10 5/8	10 7/8	11 3/8	11 7/8
8.5	10.5	10 4/8	10 6/8	11	11 4/8	12
9	11	10 5/8	10 7/8	11 1/8	11 5/8	12 1/8
9.5	11.5	10 6/8	11	11 2/8	11 6/8	12 2/8
10	12	10 7/8	11 1/8	11 3/8	11 7/8	12 3/8
10.5	12.5	11	11 2/8	11 4/8	12	12 4/8
11	13	11 1/8	11 3/8	11 5/8	12 1/8	12 5/8
11.5	13.5	11 2/8	11 4/8	11 6/8	12 2/8	12 6/8
12	14	11 3/8	11 5/8	11 7/8	12 3/8	12 7/8
12.5	14.5	11 4/8	11 6/8	12	12 4/8	13
13	15	11 5/8	11 7/8	12 1/8	12 5/8	13 1/8
14	16	11 7/8	12 1/8	12 3/8	12 7/8	13 3/8
15	17	12 1/8	12 3/8	12 5/8	13 1/8	13 5/8

ENJOY YOUR SHOES! 😊



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