

# Sizing Chart

Latex-Free

**Best used for: Walking and Normal Daily Activity**

Fits Most Closed Casual Shoes

## For Best Results

Allow time to become familiar with the feel of your heel cups.



### Adult - FEMALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 175	5 - 12+	Regular
180 - 250+	5 - 10 11 - 12+	Regular Large

### Adult - MALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
120 - 175	5 - 10.5 11 - 12+	Regular Large
180 - 250+	5 - 8.5 9 - 12+	Regular Large