

Sizing Chart

Latex-Free

YOUTH

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
50 - 105	10.5Y - 6Y	Small
110 - 140	10.5Y - 4Y 4.5Y - 6Y	Small Regular
145 - 170	10Y - 3Y 3.5Y - 6Y	Small Regular

Adult - FEMALE

Weight (lbs.)	Shoe Size (US)	Heel Cup Size
90 - 105	5 - 7 7.5 - 12+	Small Regular
110 - 140	5 - 5.5 6 - 12+	Small Regular
145 - 175	5 - 12+	Regular
180 - 250+	5 - 10 10.5 - 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



Best Used For:

Athletic Shoes, Cleats,
Work Boots, Spacious
Lace-Up Shoes

For Best Results

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