

Measuring for Shoe Size

One simple method to help buy shoes the right shoes, for you or for a loved one who cannot come along to the shoe store, is to draw the size on a paper and take it along to the store.

Procedure

Equipment needed:

- 2 large white pieces of paper
- Marker pen
- Assistant

1. Have another person help you with this procedure.
2. Use 1 sheet of paper for each foot. Lay the paper on the floor and stand on the paper with bare or stocking feet.
3. Hang onto something when you do this as the paper can be slippery and the danger of falling is increased.
4. Have your assistant use a marker pen and draw the outline of your feet onto the papers.
5. Make sure they draw very close to your foot to trace an accurate outline of your foot size.
6. Label these papers for the Right and Left feet.
7. Take the papers to the store when shoe shopping.
8. Place the shoes onto the papers to determine proper shoe size. If you can see the marker line with the shoe on the paper, the shoe is not properly sized.

References:

- American Academy of Orthopaedic Surgeons, 2007. Footwear and Falls.
American Orthopaedic Foot & Ankle Society, 2007. Footwear Guide.
American Orthopaedic Foot & Ankle Society, 2007, 10 Points for Proper Shoe Fit.