

## AFO - Take the measurement

how take the measurement of the feet with AFO to choose the correct footwear

Follow these easy steps to understand which size is suitable to you or your children.

### PASSO 1: Take the measurements

With 5 easy measurements:

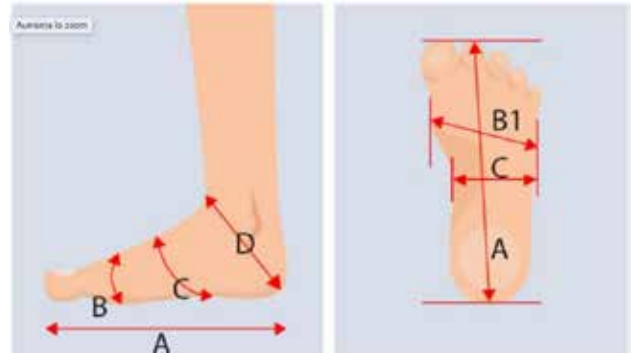
A: total length of the foot

B: Circumference at the widest point of the foot 1st and 5th metatarsal

B1: Width of the foot at the same point of measurement B (1st and 5th metatarsal)

C: Instep circumference

D: Circumference taking as reference points the instep and the foot (past)



NB: the measures C, D will always refer to the total circumference of the foot.

### PASSO 2: Refer to the table below

N°	A	B	C	D	B1
20	13,30 cm	16,70 cm	18,00 cm	22,20 cm	5,92 cm
21	13,95 cm	17,15 cm	18,50 cm	22,85 cm	6,10 cm
22	14,60 cm	17,60 cm	19,00 cm	23,50 cm	6,28 cm
23	15,30 cm	18,05 cm	19,50 cm	24,15 cm	6,46 cm
24	15,95 cm	18,50 cm	20,00 cm	24,75 cm	6,64 cm
25	16,60 cm	18,95 cm	20,50 cm	25,40 cm	6,82 cm
26	17,30 cm	19,40 cm	21,00 cm	26,10 cm	7,00 cm
27	17,95 cm	19,85 cm	21,50 cm	26,65 cm	7,18 cm
28	18,60 cm	20,30 cm	22,00 cm	27,30 cm	7,36 cm
29	19,60 cm	20,80 cm	22,70 cm	28,05 cm	7,54 cm
30	19,95 cm	21,25 cm	23,30 cm	28,70 cm	7,72 cm
31	20,60 cm	21,70 cm	23,70 cm	29,35 cm	7,90 cm
32	21,30 cm	22,15 cm	24,20 cm	30,00 cm	8,08 cm
33	21,95 cm	22,60 cm	24,70 cm	30,65 cm	8,26 cm
34	22,55 cm	23,10 cm	25,50 cm	31,50 cm	8,44 cm
35	23,10 cm	23,55 cm	26,00 cm	32,15 cm	8,62 cm
36	23,90 cm	24,00 cm	26,50 cm	32,85 cm	8,80 cm
37	24,55 cm	24,45 cm	27,00 cm	33,50 cm	8,98 cm
38	25,25 cm	24,90 cm	27,60 cm	34,20 cm	9,16 cm
39	25,90 cm	25,35 cm	28,10 cm	34,90 cm	9,34 cm
40	26,55 cm	25,80 cm	28,60 cm	35,55 cm	9,52 cm
41	27,25 cm	26,25 cm	29,20 cm	36,20 cm	9,70 cm
42	27,90 cm	26,70 cm	29,70 cm	36,90 cm	9,88 cm
43	28,55 cm	27,15 cm	30,20 cm	37,55 cm	10,06 cm
44	29,25 cm	27,60 cm	30,70 cm	38,25 cm	10,24 cm
45	29,90 cm	28,05 cm	31,30 cm	38,90 cm	10,42 cm