

ANODYNE

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I // PREPARE THE FOOT ON DEVICE

Prepare the foot measure. The width bar should be set to its widest position and the arch length indicator should slide back to position the foot on the measuring system. With the user at a sitting position, place the right heel into the right heel cup. The user should then stand, feet parallel to each other, with equal weight on both feet. This will ensure that the foot being measured has elongated and spread to its true size.

2 // MEASURE HEEL-TO-TOE LENGTHS (Toe Length)

Make sure the heel is pressed firmly to the back of the device. Press down on the toes so that they lie flat against the base of the system. Make sure socks are pulled snug so you are viewing the toe and not a loose fitting sock. Look straight down and read the toe length to the longest toe (not necessarily the first toe). The gray measurement is for men and the orange measurement is for women.



3 // MEASURE HEEL-TO-BALL LENGTH (Arch Length)

Place your thumb over the ball joint of foot as shown in the below photo. Move the pointer so that the inner curved side fits around the ball joint of the foot, and the two high ribs of the pointer come in contact with thumb. When the pointer is properly adjusted, the low middle rib (marked A on the diagram below) will be touching the bone at the side of the foot (marked B on the diagram below). With your index finger, double-check that the heel is pressed all the way back in the device. Read the size indicated by the pointer; the gray measurement is for men and the orange measurement is for women. The number will be the one that is right side up to the fitter, not the person being fit.



4 // FIND THE CORRECT FOOT SIZE

Compare the toe length with the arch length and select the longer measurement to determine the appropriate shoe size. However, if the arch length is larger by more than 1 full size, the appropriate shoe size will only be one size greater than the toe length.

Note: simply using the heel-to-toe length measurement may result in an improper fit.

5 // MEASURE THE WIDTH

Make sure the heel is pressed firmly to the back of the device. Slide the width bar against the edge of the foot. Locate the shoe size (as determined in the previous step) on the movable width bar, and view the associated width measurement. The gray measurement is for men and the orange measurement is for women. If the shoe size falls between widths, choose the wider width for a thick foot or the narrower width for a thin foot.

6 // MEASURE THE OTHER FOOT

Spin the device 180 degrees and follow the same instructions as given above.

If one foot is larger than the other, order the shoes for the longer or wider of the two feet as long as it does not exceed one full size or full width.

