

## How to find the perfect fit

You have decided on a product from our catalogue but are not sure which size to take?

In order to find the **perfect fit** the first two digits of our product number are important. If the product number is e.g. 31311, please refer to the table of product group 31 for fitting. Please measure your bare foot standing upright.



**Step 1:** Place your foot on a sheet of paper with the heel touching the spine of a book. Draw the outline of your foot.



**Step 2:** Now measure the length of your foot from heel to toe, adding 5-7 mm to your figure. Then look for the next highest figure in table column **a**.



**Step 3:** In order to measure the width of your foot, wrap the measuring tape around the broadest part of your foot. Look for the measured figure in table column **e**.



### Conversion table for shoe sizes

ENGLISH	GERMAN
3 ...	35 <sup>1</sup> / <sub>3</sub>
3,5 ...	36
4 ...	36 <sup>2</sup> / <sub>3</sub>
4,5 ...	37 <sup>1</sup> / <sub>3</sub>
5 ...	38
5,5 ...	38 <sup>2</sup> / <sub>3</sub>
6 ...	39 <sup>1</sup> / <sub>3</sub>
6,5 ...	40
7 ...	40 <sup>2</sup> / <sub>3</sub>
7,5 ...	41 <sup>1</sup> / <sub>3</sub>
8 ...	42
8,5 ...	42 <sup>2</sup> / <sub>3</sub>
9 ...	43 <sup>1</sup> / <sub>3</sub>
9,5 ...	44
10 ...	44 <sup>2</sup> / <sub>3</sub>
10,5 ...	45 <sup>1</sup> / <sub>3</sub>
11 ...	46
11,5 ...	46 <sup>2</sup> / <sub>3</sub>
12 ...	47 <sup>1</sup> / <sub>3</sub>
12,5 ...	48
13 ...	48 <sup>2</sup> / <sub>3</sub>
13,5 ...	49 <sup>1</sup> / <sub>3</sub>
14 ...	50

Product group 31: Width H • Measurement in mm								
size	36	37	38	39	40	41	42	43
a	236	242	249	255	262	268	274	280
e	230	235	240	245	250	255	260	265

Product group 58: Width L • Measurement in mm <b>This product runs one size small.</b>												
size	36	37	38	39	40	41	42	43	44	45	46	48
a	230	238	243	248	255	262	270	275	283	290	298	312
e	240	245	250	255	260	265	270	275	280	285	290	300

Product group 60: Width L • Product group 62: Width L • Measurement in mm														
size	36	37	38	39	40	41	42	43	44	45	46	47	48	50
a	240	246	253	260	267	272	278	285	292	299	304	312	322	338
e	251	256	261	266	271	276	281	286	291	296	301	306	311	321

Product group 60: Width XXL/R • Measurement in mm														
size	36	37	38	39	40	41	42	43	44	45	46	47	48	50
a	240	246	253	260	267	272	278	285	292	299	304	312	322	338
e	270	275	279	284	288	293	297	302	307	311	315	319	323	331

Product group 61: Width F • Measurement in mm											
size	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8
a	228	234	238	243	248	250	255	258	262	268	272
e	209,1	212,3	215,3	218	221	223,9	226,7	229,4	232,4	235,3	238,4

Product group 65: Width K • Measurement in mm									
size	36	37	38	39	40	41	42	43	44
a	232	239	246	253	260	267	274	281	288
e	256	261	264	268	272	276	280	285	290

Product group 74, 75, 76 : Width L • Measurement in mm												
size	36	37	38	39	40	41	42	43	44	45	46	47
a	241	247	254	260	266	273	280	285	292	299	306	312
e	251	256	261	266	271	276	281	286	291	296	301	306

Product group 75, 76: Width R • Measurement in mm												
size	36	37	38	39	40	41	42	43	44	45	46	47
a	241	247	254	260	266	273	280	285	292	299	306	312
e	268	273	278	283	288	293	298	303	308	313	318	323

Product group 77: Width K • Measurement in mm											
size	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8
a	228	232	237	242	247	250	254	258	263	268	272
e	225	230	235	240	245	250	255	260	265	270	275

Product group 78: Width H • Measurement in mm								
size	40	41	42	43	44	45	46	47
a	266	273	280	285	292	299	306	312
e	266	270	274	278	282	286	290	294

Product group 79: Width H • Measurement in mm											
size	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8
a	232	236	240	244	248	252	256	260	265	269	273
e	224	227	230	233	237	240	243	246	249	253	256

Product group 82: Width H • Measurement in mm								
size	41	42	43	44	45	46	47	48
a	265	270	280	285	290	297	305	310
e	252	255	257	260	265	270	275	280

Product group 87: Width K • Measurement in mm											
size	3	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8
a	234	238	243	248	253	256	260	264	269	274	278
e	222	227	232	237	242	247	252	257	262	267	272



*Narrow width*  
for narrow feet



*Standard width*  
for normal feet



*Slightly wider width*  
for sturdy or slightly swollen feet



*Wider width*  
for large or very swollen feet



*Therapy shoe width*  
for very badly swollen  
or bandaged feet



*Extra large width*  
for very thick bandages  
or patients suffering from  
lymphoedema