

# MEASUREMENTS

When taking measurements, ensure the person being measured is seated comfortably, back straight, with his or her legs bent at a 90 degree angle.

## 1. AROUND BELOW KNEE

□ Measure the circumference of the leg below the knee, where the back of the knee attaches to the upper leg.

## 2. BELOW KNEE HEIGHT

□ Measure from the back of the knee, at the height of the AROUND ABOVE KNEE measurement, down the back of the leg, to the floor.

## 3. AROUND CALF (WIDEST)

□ Find the spot on the calf that is widest (look in profile as well as from the front in order to determine the widest point of the calf). Measure this circumference.

## 4. CALF HEIGHT

□ Measure down the side or back of the leg from the circumference down to the floor.

## 5. AROUND AT 25cm (10")

□ Measure the circumference of the leg at 25 cm from the floor. Ensure the tape measure is parallel to the floor.

## 6. AROUND AT 18cm (7")

□ Measure the circumference of the leg at 18cm from the floor.

## 7. AROUND ABOVE ANKLE

□ Measure the circumference of the leg at the narrowest part of the lower leg, just above the ankle bone.

## 8. ABOVE ANKLE HEIGHT

□ Measure the height of this circumference.

## 9. AROUND OVER ANKLEBONE

□ Measure the circumference of the ankle, measuring OVER BOTH ANKLEBONES.

## 10. ANKLEBONE HEIGHT

□ Measure the height from the centre of the anklebone to the floor.



AROUND CALF



# MEASUREMENTS

## 11. AROUND HEEL

□ Measure the circumference of the foot from the base of the heel (where it touches the floor), around the top of the foot where it attaches to the lower leg.



## 12. AROUND INSTEP

□ Measure the circumference of the foot from under the arch, over the instep bone.



## 13. AROUND JOINT (WIDEST)

□ Measure the circumference of the joint, or ball, of the foot, making sure you measure over the inner (big toe) and outer (little toe) joint.



# TRACINGS

Tracings should be done while the subject is **STANDING**.

Ensure at all times that the pencil is completely **PERPENDICULAR (90 DEGREES)** TO THE **FLOOR**. This is **CRUCIAL** in the construction of proper fitting shoes.

Attach the pencil to a drafting square if that is helpful.



1,2, 3. The person being measured is **STANDING** on a piece of paper. **IT IS IMPERATIVE THAT THE PENCIL STAY 90 DEGREES TO THE FLOOR. DO NOT** angle the pencil in around the heel.



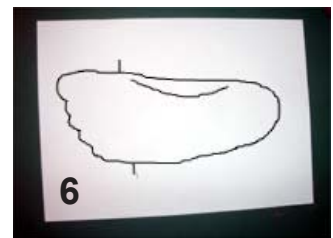
Always start a tracing from either the inside or outside of the foot. **NEVER** start tracing at the heel.



4. While the foot is still on the tracing, mark the points at which the joint was measured (ie - the big toe and little toe joints).



5. Holding the pencil at a **45 DEGREE ANGLE**, trace the arch of the foot, where it meets the paper.



6. The finished foot tracing.

7. Print the person's name on the page.