

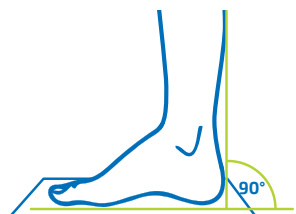


# The manual for self-measurement of foot parameters

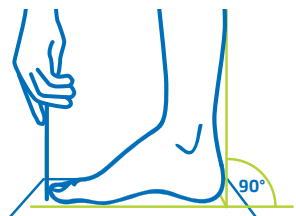
metering

**FL BW**

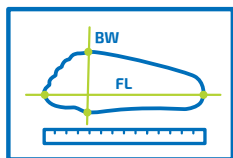
foot length beam width



Place your foot on a piece of paper perpendicular to the surface



Circle foot. Pencil hold vertically, without tilting.

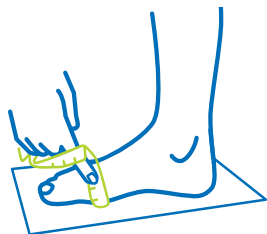


Use the ruler to measure two parameters FL in the longest place of the foot and BW in the widest point of the foot

metering

**BG**

beam girth

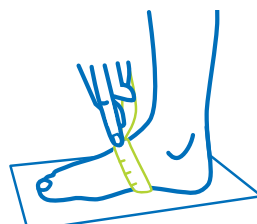


Stand on the sheet with the foot drawn and measure the girth at the measurement point BG

metering

**IG**

high arches girth

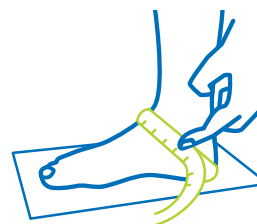


Measure the girth from the bottom of the foot to the highest point of the foot

metering

**HG**

heel girth

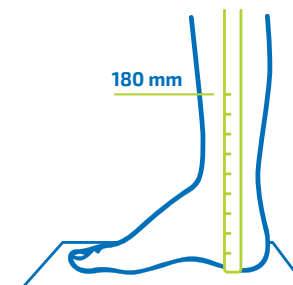


Measure the heel girth from the edge point of the heel to the highest point of high arches

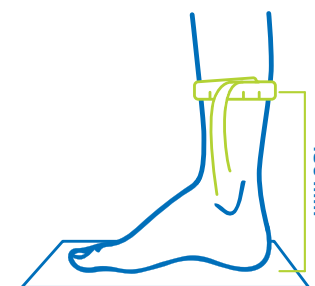
metering

**CG**

shin girth



Measure 180 mm shink height from the bottom of the foot.



At this level, measure the girth of the shin

