



Redland Healthcare

The independent living specialists

Foot Measurement Guide

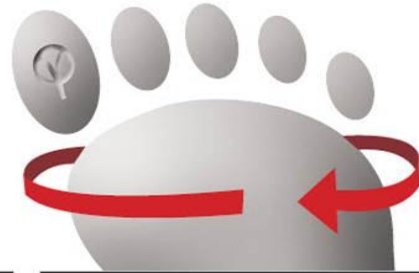
To help you order footwear of the correct size & width fitting for your feet first time, please follow the simple 3 step procedure below. There is no guarantee that the first pair of shoes you try will be the perfect fit, but the measurements below will give you the perfect starting point on the journey to discover real comfort!

- FIND YOUR SHOE SIZE:** Using a tape measure or ruler, measure the distance from the back of your heel to the end of your longest toe (in mm). Use the table below to work out your UK shoe size. Remember! Measure the length of both of your feet, as most people have feet of different sizes!

UK FOOTWEAR SIZE CHART - FOOT LENGTH (mm)

UK SIZE	2	2½	3	3½	4	4½	5	5½	6	6½	7	7½	8	8½	9	10	11	12	13	14
FOOT LENGTH (mm)	216	220	224	228	232	236	240	244	248	252	256	260	264	268	272	280	288	296	304	312

- FIND YOUR WIDTH FITTING:** Using a soft tape measure or string, measure the circumference (in mm) around your foot at the widest point, usually where your toe joints meet your foot. Refer to the tables below to find your correct width fitting for your shoe size.



**LADIES FOOTWEAR WIDTH FITTINGS
FOOT CIRCUMFERENCE MEASUREMENT (mm)**

EU SIZE	UK SIZE	WIDE FITTING		EXTRA WIDE (4E-6E)		ULTRA WIDE (6E-8E)
		E	EE	4E	6E	8E
35	2½	213	219	231	243	255
36	3	216	222	234	246	258
37	4	222	228	240	252	264
38	5	228	234	246	258	270
39	6	234	240	252	264	276
40	6½	237	243	255	267	279
41	7	240	246	258	270	282
42	8	246	252	264	276	288
43	9	252	258	270	282	294

**MEN'S FOOTWEAR WIDTH FITTINGS
FOOT CIRCUMFERENCE MEASUREMENT (mm)**

UK SIZE	D	WIDE FITTING		EXTRA WIDE
		E	EE	4E-6E
6	228	234	240	241-264
7	234	240	246	247-270
8	240	246	252	253-276
9	246	252	258	259-282
10	252	258	264	265-288
11	258	264	270	271-294
12	264	270	276	277-300
13	270	276	282	283-306
14	276	282	288	289-312

- UK/EUR SIZE CONVERSION:** If the style you are interested in is referred to in continental sizes, please refer to the diagram below to ensure you carry out the correct size conversion.

