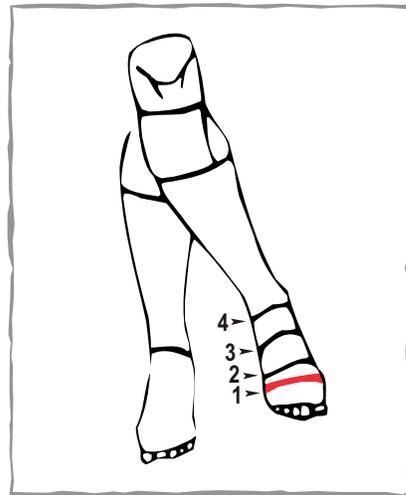
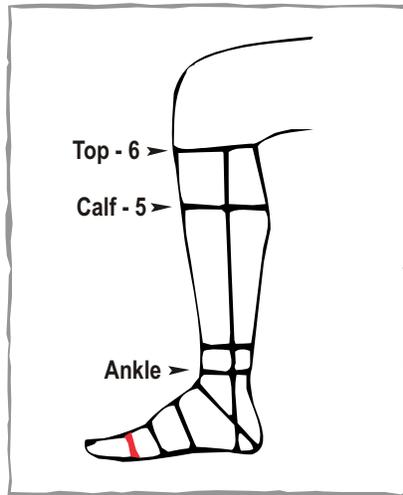


# 1 BALL

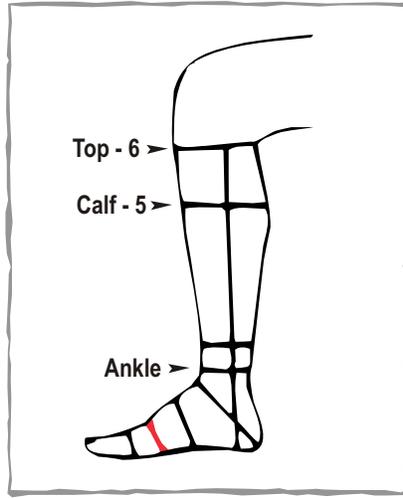


Indicated by **RED** area shown

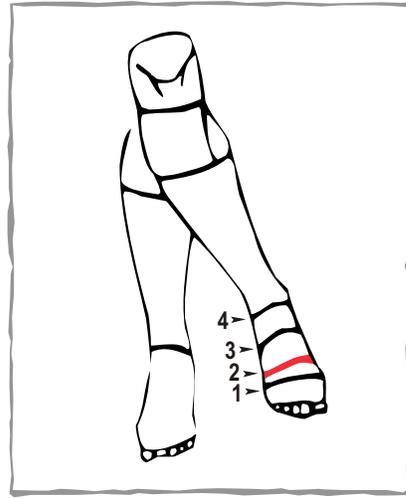


First measure the ball of the foot (from the big toe joint over the little toe joint) with a tape measure. Pull the tape snug, but not too tight, and measure to the nearest 1/8th inch.

## 2 WAIST

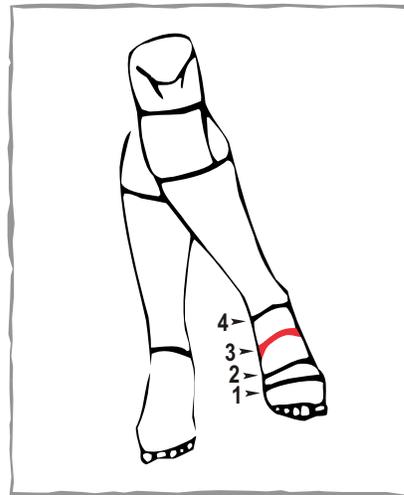
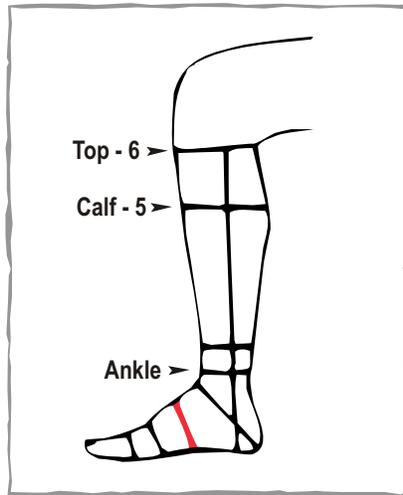


Indicated by **RED** area shown



The next area to measure is the waist, this is the narrowest part behind the ball of the foot.

### 3 INSTEP

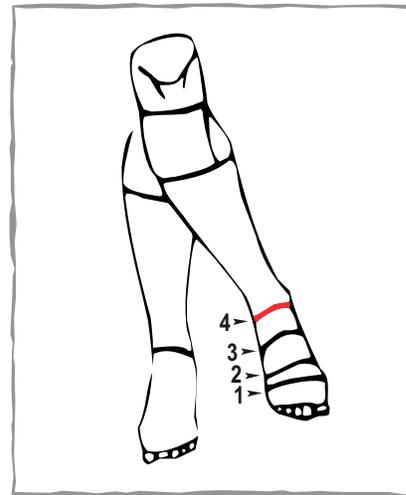
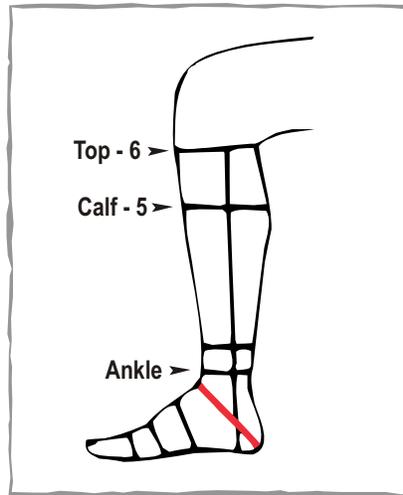


Indicated by **RED** area shown



Next is the instep measurement. This is the highest point of the top of the foot. Slide your finger along the outside of the foot until you come to a small bone that sticks out.

## 4 HEEL



Indicated by **RED** area shown



The heel measurement is taken diagonally at the widest point, from the back of the foot to where the front of the leg meets the top of the foot. Make sure the sock is not bunched up.