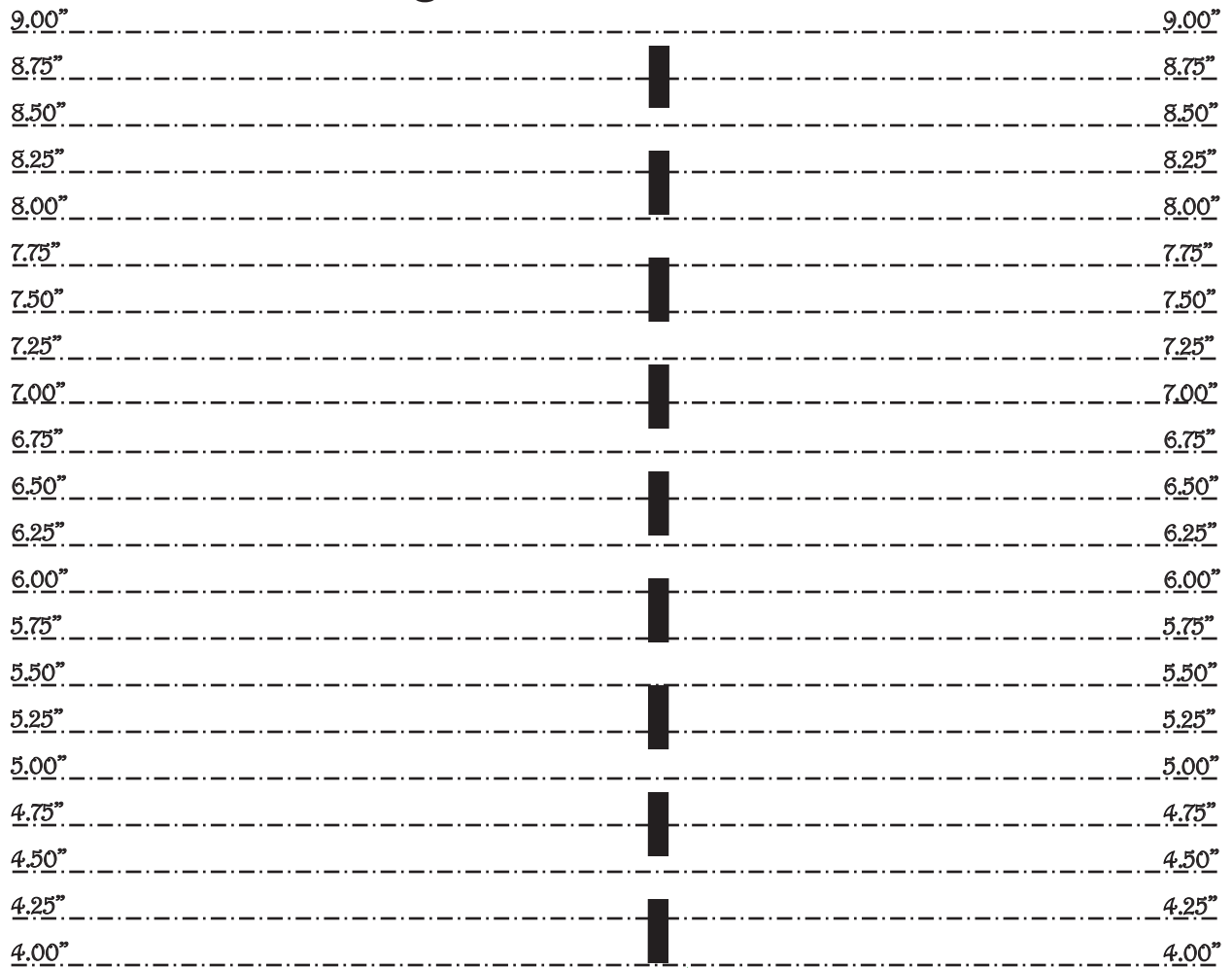
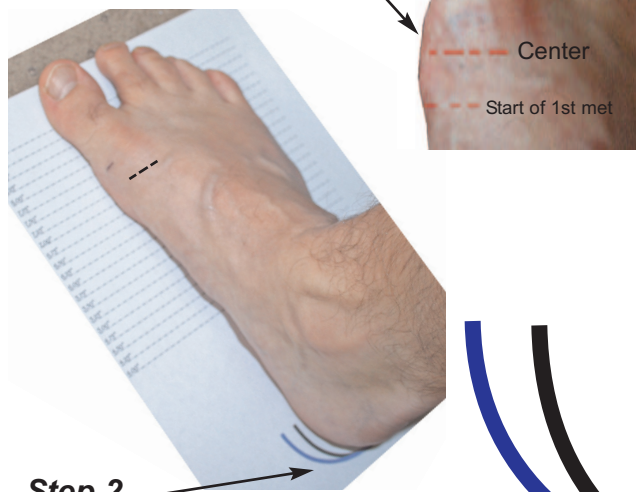


# Arch Length Measure Worksheet



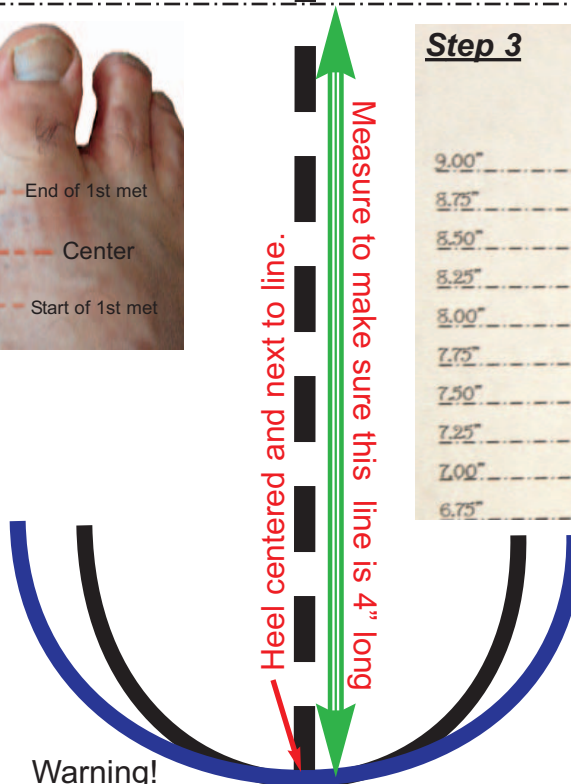
## Step 1

On both feet mark the center of the 1st metatarsal.



## Step 2

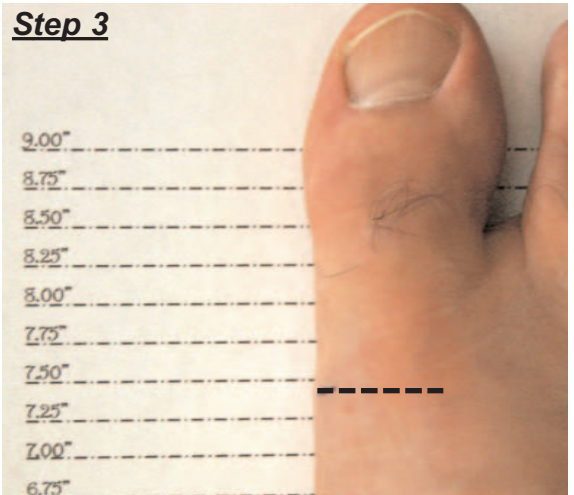
Place foot centered on this sheet making sure the heel is next to the heel cup lines as shown above.



## Warning!

If the green line is not 4" long you must check your print settings. Arch sizes will be not accurate.

## Step 3



Your arch length will be which ever line your center mark passes. The example above records a 7.25" arch not a 7.50". The center met marking on this foot has not crossed over the 7.50" line. Measure both feet and the smallest measurement recorded will be your arch length.