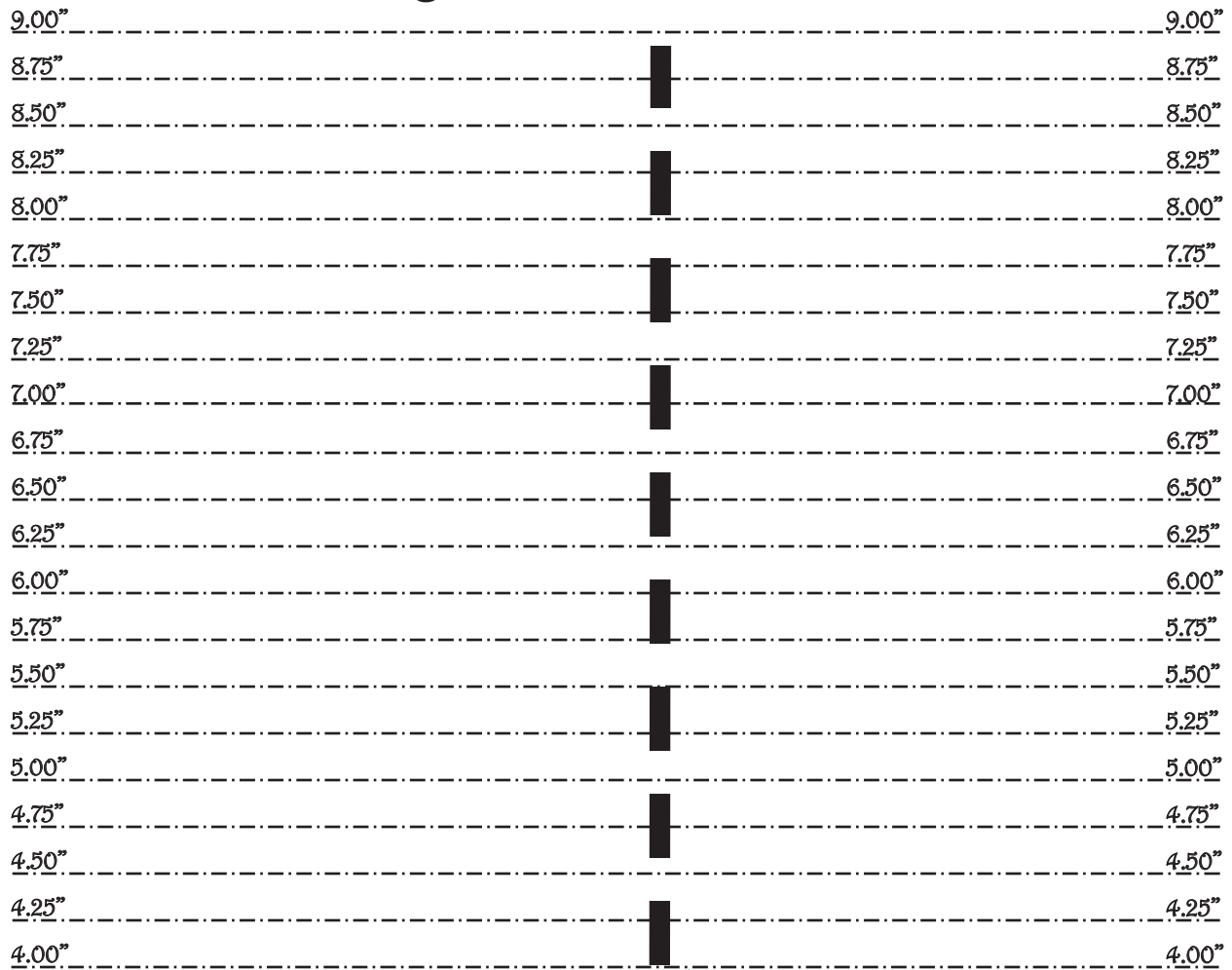
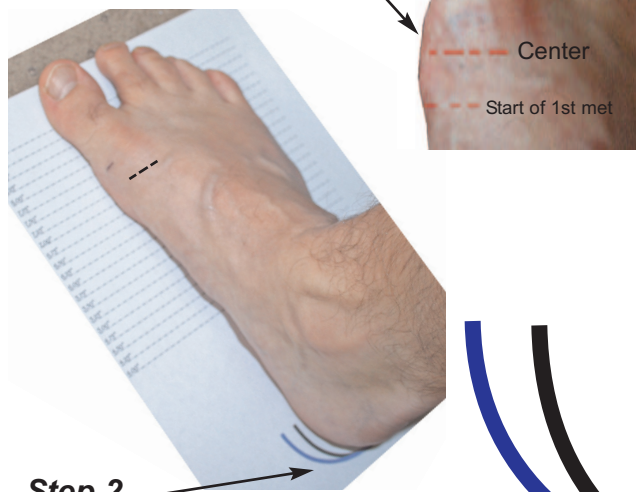


# Arch Length Measure Worksheet



## Step 1

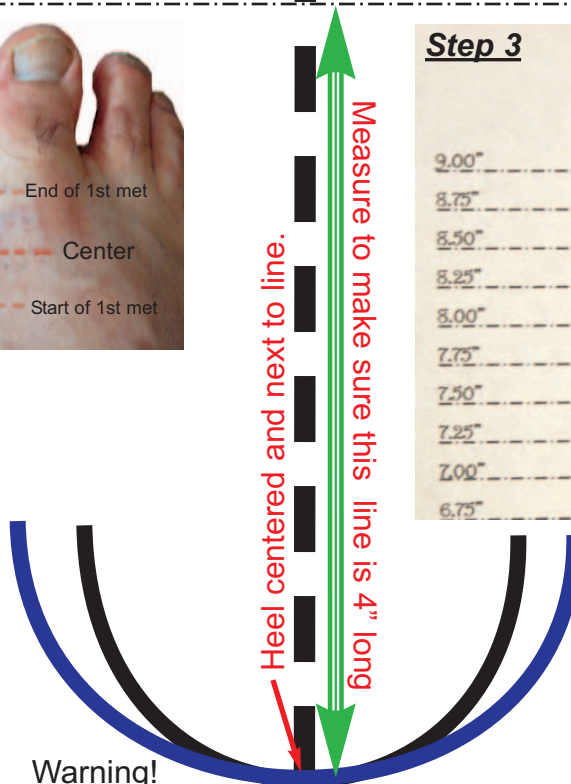
On both feet mark the center of the 1st metatarsal.



## Step 2

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

## Step 3



## Warning!

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

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.