

How to order and measure the feet.

Ordering by post is simple and I will need seven things.

1. £50 deposit.
2. The circumference around the Metatarsal arches. (A)
3. The circumference around the arches. - (B)
4. The length of both feet. - (C)
5. The outline of the feet.
6. Your colour preference.
7. Your name, address, telephone number and email.

Fig 1. The Outline. You will need a sheet of paper or cardboard and a friend or partner to help. Place the sheet of paper on a book on top of carpet or hard floor against a vertical surface. A door frame, wall or piece of furniture like a table leg.

Fig 2. Stand erect with your feet six inches apart. The paper can slip so make sure it and your heel are against the vertical as this will distort your measurements.

Fig 3. Then ask your friend to draw the outline of your feet keeping the pen in a vertical position as close to the foot as possible. **Tilt your pen and draw under the arch to give me an idea of how high or low your arches are.**

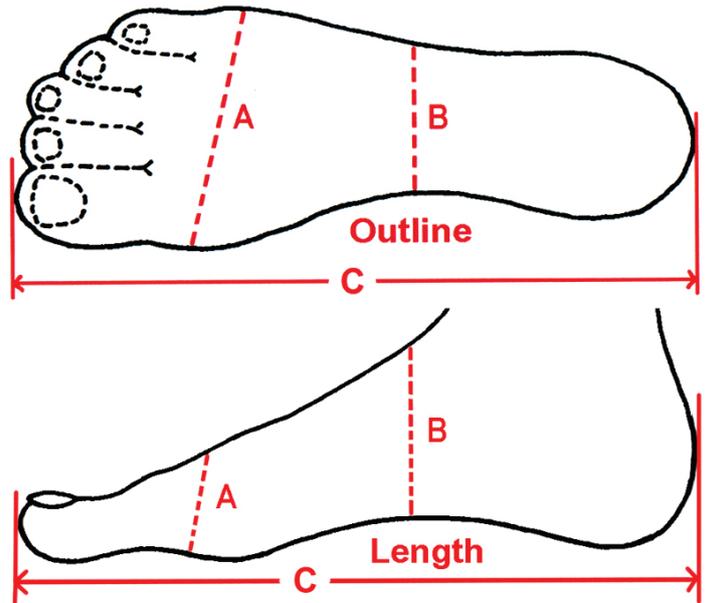
Fig 4. The Length. Make sure that the paper is still against the vertical, make a mark at the end of the longest toe. I use a matchbox as a vertical, but it can be done by eye.

When you finished measuring the girths of the A and B and your feet are no longer on the sheet of paper, measure the length of your feet.

If you want to order Shandals and have bunions, your feet may lengthen slightly when they are straightened, so please also measure the length with your big toe straightened.

Fig 5. The Arch. Measure the **circumference** around the Arch (B)

Fig 6. The Metatarsal Arch. Measure the **circumference** around the Metatarsal Arch (A) - the widest part of the feet from the big toe joint over to the little toe joint.



If you wear Orthotics or Inserts measure around the girths with your feet on them. as well as without them.

Use a tape measure and measure in either millimetres or inches. (I prefer millimetres)

If you have any problems measuring your feet give me a quick ring to discuss the alternatives.

By Appointment Only.

If you have problem feet or want to visit me in my Studio on the West Wales Coast, then you are more than welcome.

I give priority to those that take the time to visit me; even so, I still like to see measurements before you arrive so that I can prepare - light a fire, put the kettle on and make sure that I have Shoes or Shandals in your size in stock for a fitting.

I do not see people without an appointment.

Being a 'Cottage Industry' I will open weekends, so a visit can be combined with a short weekend break in the fresh clean air and stunning views and space of West Wales.

So please ring 01545 570 904 for an appointment,  directions and local hotels.

Prices

