How to measure your foot for a ValguLoc® foot support.

Size is determined by shoe size. Left and right specific.

Size	Shoe Size (Men)	Shoe Size (Women)
1	3 1/2-4 1/2	5-6
2	$5 - 7 \frac{1}{2}$	$6\frac{1}{2}-9$
3	8-12	$9\frac{1}{2}-14$