

# How to measure your foot for a **ViscoPed® S** insole.

Size is determined  
by shoe size.

Size	Men	Women
0	3½-4½	5-6
1	5-6	6½-7½
2	6½-7½	8-9
3	8-9	9½-10½
4	9½-10½	11-12
5	11-12	12½-13½
6	12½-14	14-15½