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

	Size	Men	Women
Size is determined by shoe size.	1	5-6	61/2-71/2
	2	61/2-71/2	8-9
	3	8-9	91/2-101/2
	4	91/2-101/2	11-12
	5	11-12	121/2-131/2