

Size	Product Code	Foot Plate Length	Women's Shoe Size	Mens's Shoe Size
XSM	ER -0 (Left or Right)	8"	3	
SM	ER -1 (Left or Right)	9"	3.5 - 6	5
MD	ER-2 (Left or Right)	10"	6.5 - 9	5.5 - 8
LG	ER-3 (Left or Right)	11"	9.5 – 12	8.5 - 11
XLG	ER-4 (Left or Right)	12"	13+	11.5 - 14