



OPTOMODA

НАСТОЯЩАЯ ОРТОПЕДИЧЕСКАЯ ОБУВЬ

REMOTE INDIVIDUAL SHOE MANUFACTURING



**EXPANDED
SPECIALIST CONSULTATION**

**COMFORTABLE AND HIGH-QUALITY
SHOES OF ANY COMPLEXITY**

**MODERN REMOTE
METHODS OF FOOT MEASUREMENTS**

**THE ABILITY TO ORDER
SHOES ONLINE**

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INSTRUCTIONS FOR MEASURING FEET FOR INDIVIDUAL SHOE ORDERING

To take measurements, you will need the following tools:



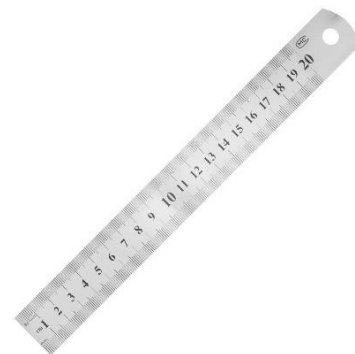
Flexible measuring tape



Two A4 sheets



The rod from the handle



Ruler

1. OUTLINE THE OUTLINE OF THE FOOT

To take measurements, a sheet of paper is placed on a flat floor. The edges of the paper on all sides should protrude beyond the contours of your foot. You have to stand on a piece of paper and direct your gaze straight. The foot should be stationary during delineation, so as not to distort the real contour.

To obtain the correct contour, delineation is performed with a pencil or a thin rod from the handle so that the pencil touches the foot and *is perpendicular to the sheet of paper (Figure 1)*. The foot is circled starting from the middle of the posterior point of the heel of the foot, continuing along the inner contour of the foot to the end of the thumb. Then the outline of the outer side is carried out, starting from the heel and ending with the thumb. Thus, a closed contour of the foot is obtained.

After that, we recommend changing the color of the writing tool to *outline the second contour (Figure 2)*, clearly at the point of contact of the foot with the sheet. If there is no second color, mark the second contour with a dotted line.

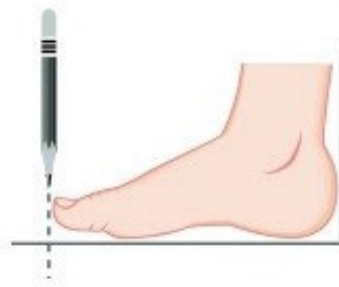


Figure 1 Obtaining the contour of the foot. The writing tool is perpendicular to the sheet of paper



Figure 2 Obtaining the contour of the trace. The writing tool is carried out clearly
At the place of contact of the foot with the sheet

2. MEASURE THE CIRCUMFERENCE OF THE FOOT IN THE BUNCHES, THE MIDDLE OF THE FOOT AND THROUGH THE FOLD AND HEEL.

To take measurements from the foot, it is advisable to use a measuring non-stretchable flexible tape with millimeter divisions (if there is no tape, use a non-stretchable flexible tape and attach it to the ruler after marking the length). The measuring tape should be applied with uniform tension, without squeezing the leg. The tape should be on the same level and not have any distortions. The main dimensional features of the foot are shown in Figure 3.

When determining the circumference of **the foot in bundles (A1)**, the edge of the measuring tape should be on the inside of the foot at the most convex place of the inner bundle (convex bone at the base of the thumb), and on the outside - at the most convex place of the outer bundle (convex bone immediately behind the little finger). The girth in the middle of **the foot (A2)** is determined by a measuring tape superimposed on the highest point of the crest of the foot in its upper part and on the most concave area in its lower subsurface part. To measure the girth through **the fold and heel (A3)**, the tape is placed on the foot at its bend, and in the back through the lower point of the heel roundness.

The circumference of the lower leg at a height of 8 cm from the floor (B1). When measuring the circumference of the lower leg, the foot should be on a piece of paper, and the support should be on both legs. The circumference of the lower leg is measured with a flexible tape, while the height of 8 cm is marked on the lower leg from the outside. It is more convenient to use a right triangle or a ruler, and count from zero. Through the marked point on the shin, make a measurement with a flexible tape and record the result. The tape should be positioned parallel to the floor. If the feet have different girths, measurements are carried out on both legs.

The circumference of the lower leg at a height of 12 cm (if the height of the shoe is more than 8 cm) (B2) from the floor. The circumference of the lower leg is carried out depending on the height of the shoes that you want to order. It is necessary to observe the following: take the measure in a standing position, it is better to put a thin stocking on the foot, use a ruler, the beginning of measurement from zero.

On the shin from the outside, mark the height of **16 cm (B3), 20 cm (B4), 24 cm (B5)**. Measure the circumference of the lower leg with a flexible tape at the intended height. The tape should not stretch and squeeze the shin, the tape should be placed parallel (horizontally) to the floor.

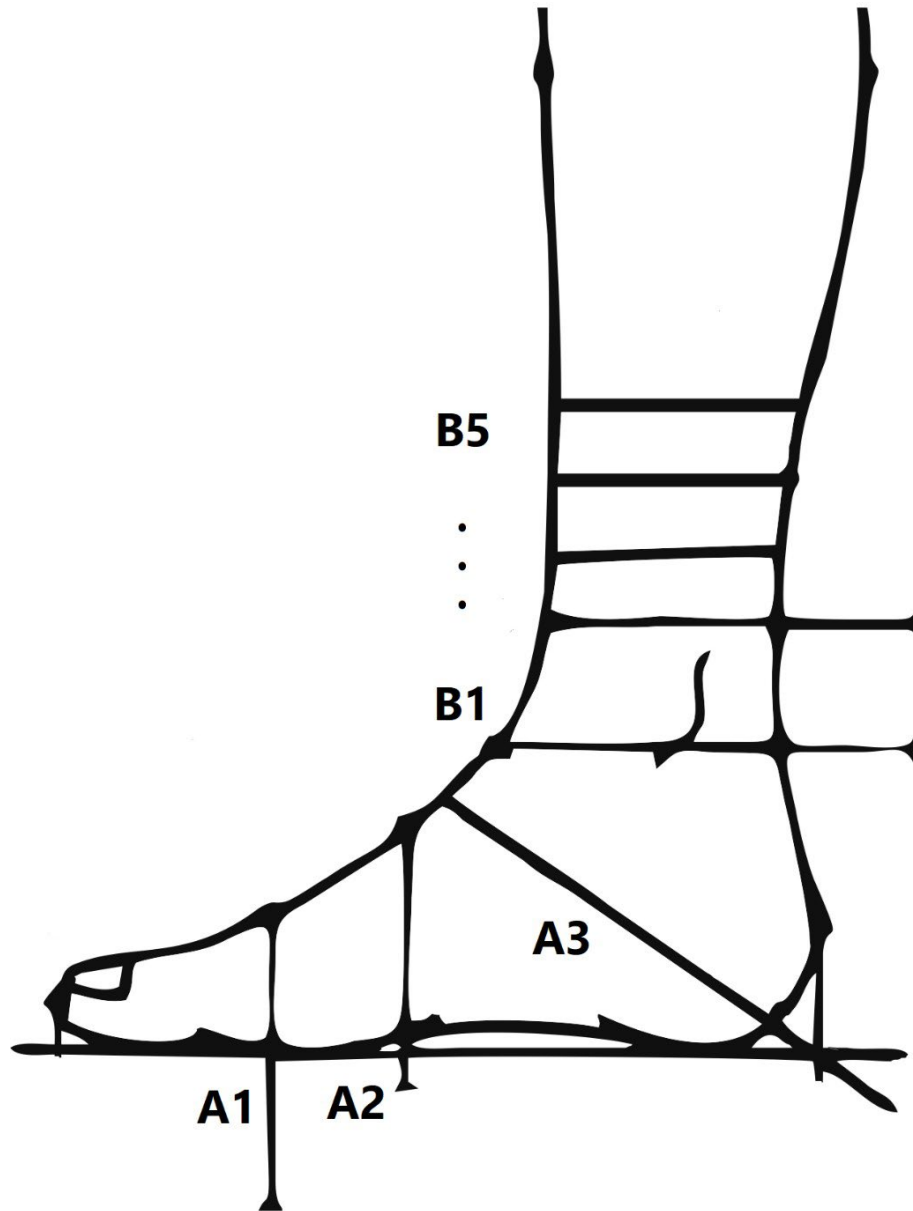


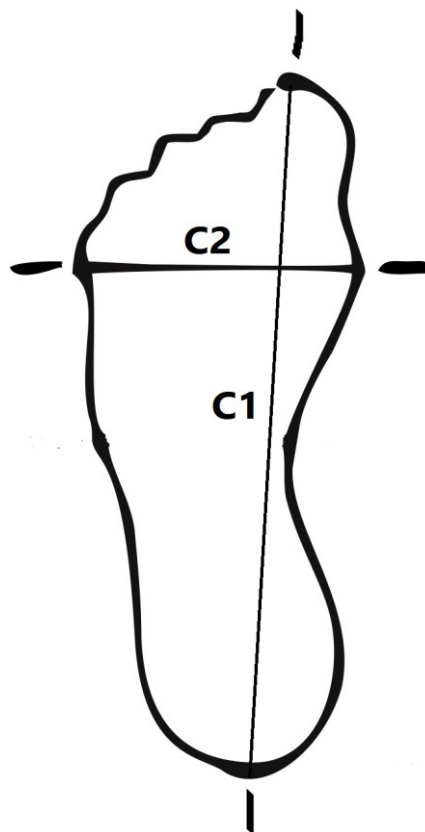
Figure 3 The main dimensional signs of the foot, where

- **A1:** foot girth in bundles;
- **A2:** mid-foot girth;
- **A3:** girth through the fold and heel;
- **B1-B5:** lower leg circumference at different heights from the floor in the range from 8 cm to 24 cm.

3. MEASURE THE LENGTH AND WIDTH

The length of **the foot (C1)** is measured from the most prominent point of the heel to the most prominent point of the toe (first or second toe). The width of **the foot (C2)** is measured in the horizontal plane from the most convex place of the inner side of the foot - the inner bundle (convex bone at the base of the thumb), to the most convex place on the outside - the outer bundle (convex bone just behind the little finger). These dimensional features of the foot are schematically depicted in Figure 4.

Figure 4 The main dimensional signs of the foot, where



- **C1:** foot length;
- **C2:** the width of the foot in bundles.

SIMILARLY, TAKE MEASUREMENTS FOR YOUR LEFT FOOT FOLLOWING PARAGRAPHS 1-3 OF THIS INSTRUCTION

To do this, use a new sheet of blank paper or a special form.

4. MAKE A SCAN/PHOTO OF THE SHEETS WITH MEASUREMENTS

Next, make a scan / photo of the foot contours separately for the right and left legs. If there is no scanner at home or at work, take a photo of a sheet with measurements at an angle of 90 degrees with a ruler attached to it. Remember, for the best quality of pictures from your phone, you can use special applications for scanning documents (Google Drive, Evernote, CamScanner, OfficeLens). Be sure to keep a paper version of the measurement results of your feet.

5. SEND THE MEASUREMENT RESULTS OF YOUR FEET TO US

Send the measurement results of the feet, your contact details, the desired shoe model from the catalog of the company "Ortomoda" to us by mail shoes@orthomoda.ru or attach the files in a special online form.

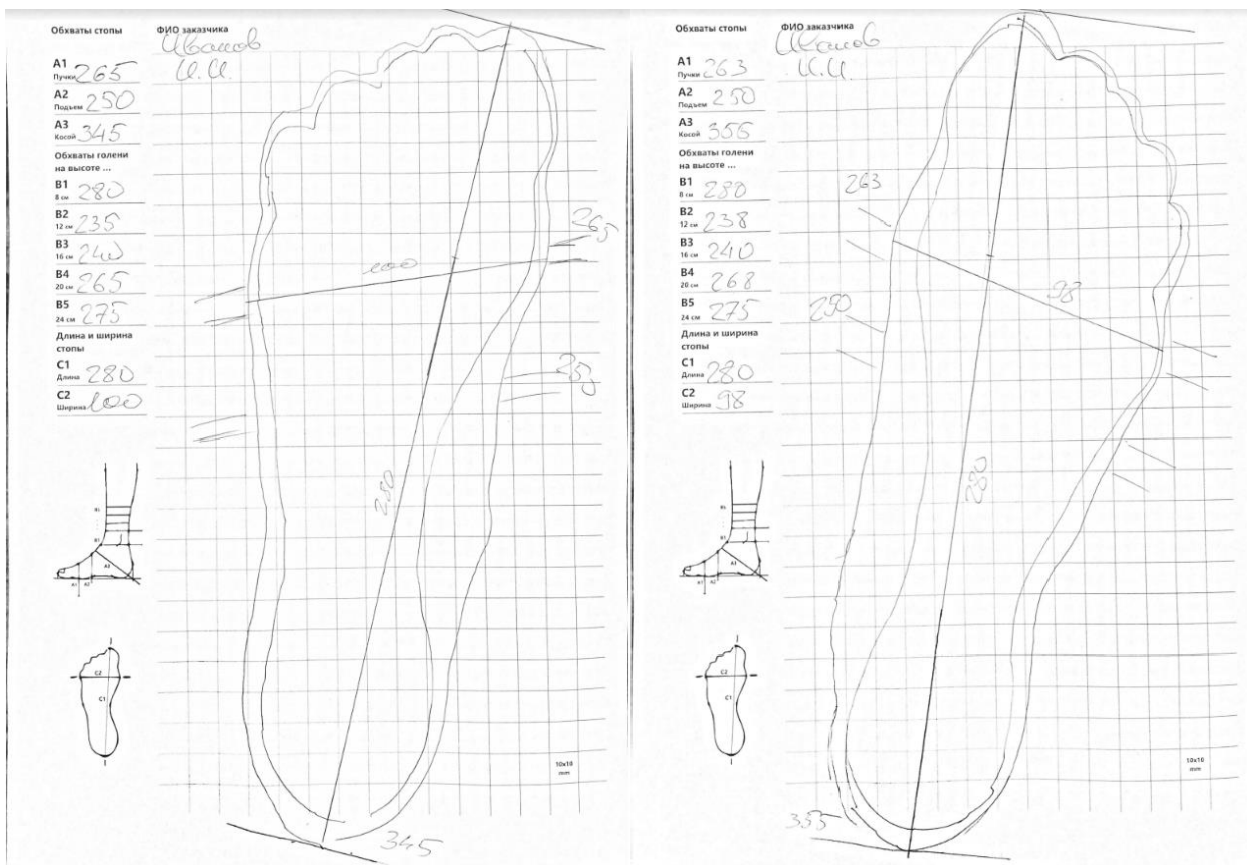


Figure 5 Forms with the main dimensional signs of the foot

It is necessary to scan both legs separately (Figure 5), since our body is not symmetrical. Be sure to attach a ruler so that we can check the scale. Make sure that it does not overlap the measurement data and the contour of the circled foot.

REMOTE ORDERING

- this is a new step in the development of shoe production and wide opportunities for customers who need an individual approach.

- fill out the form on the website www.orthomoda.ru
- or call by phone 8(495) 2-5555-24

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www.orthomoda.ru

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We are in social networks:

