

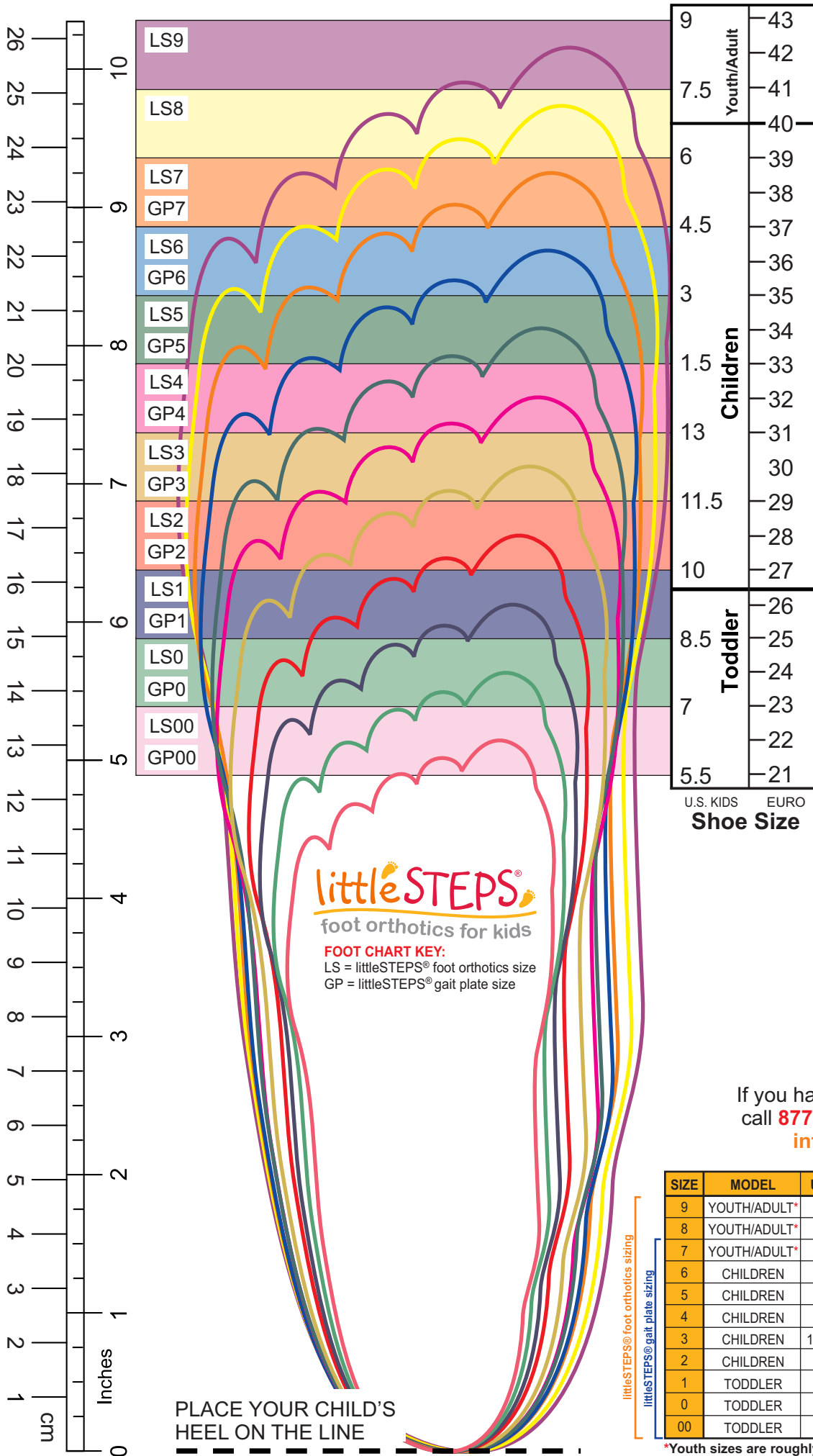
# Proper Shoe Sizing

## How to Determine your child's Shoe size:

Printing instructions: Be sure to print this document to proper scaling. To do so, chose "print options" and choose "none" in the scaling options. After printing check with a ruler to confirm that the scaling is correct.

### Initial Sizing Instructions:

- Have your child step on the paper so that their heel is placed on the dashed line as indicated.
- See what color or shaded zone your child's longest toe falls between and select the appropriate littleSTEPS® orthotic size.
- Be sure to measure both feet as your child's left and right foot sizes may differ.
- Note that children's shoe sizes tend to vary quite a bit between shoe vendors. This chart is meant to be a guide to fitting dimensions for finding the appropriate littleSTEPS® foot orthotic size for your child. littleSTEPS® foot orthotic sizing may not directly correlate with the actual shoe size your child is wearing, but should be relatively close.



If you have any questions, please call **877-792-4669** or Email us at [info@Nolaro24.com](mailto:info@Nolaro24.com)

SIZE	MODEL	U.S. KIDS	U.S. MEN	U.S. WOMEN	EURO
9	YOUTH/ADULT*	7.5 to 8.5	7.5 to 8.5	9 to 10	41 to 42
8	YOUTH/ADULT*	6 to 7	6 to 7	7.5 to 8.5	39 to 40
7	YOUTH/ADULT*	4.5 to 5.5	4.5 to 5.5	6 to 7	37 to 38
6	CHILDREN	3 to 4			35 to 36
5	CHILDREN	1.5 to 2.5			33 to 34
4	CHILDREN	13 to 1			31 to 32
3	CHILDREN	11.5 to 12.5			29 to 30
2	CHILDREN	10 to 11			27 to 28
1	TODDLER	8.5 to 9.5			25 to 26
0	TODDLER	7 to 8			23 to 24
00	TODDLER	5 to 6.5			21 to 22

\*Youth sizes are roughly equivalent to Men's sizes in length.



# littleSTEPS<sup>®</sup>

foot orthotics for kids

## Sizing Tips for littleSTEPS<sup>®</sup> orthotics

littleSTEPS<sup>®</sup> are designed to fit and function in the same manner as custom made foot orthotics. Proper littleSTEPS<sup>®</sup> fitting techniques are shown below:



### Short

Ends too proximal to the metatarsal heads



### Long

Extends beyond the metatarsal heads



### Correct!

Ends just proximal to the metatarsal heads



### Short

Ends too proximal to the metatarsal heads



### Long

Extends beyond the metatarsal heads



### Correct!

Ends just proximal to the metatarsal heads



# littleSTEPS<sup>®</sup>

## gait plates for kids

### Proper Fitting for littleSTEPS<sup>®</sup> Gait Plates

littleSTEPS<sup>®</sup> gait plates are designed to fit and function in the same manner as custom made foot orthotics. Proper littleSTEPS<sup>®</sup> gait plate fitting techniques are shown below:



Right Foot

Left Foot



Inside Arch of Left Foot



Outside of Left Foot

Gait Plates work by utilizing a semi-rigid shell that extends laterally beyond MTH's 4 & 5 to effectively alter the break of the ball of the foot during propulsion to encourage out-toeing of the limb at the hip. The littleSTEPS<sup>®</sup> Gait Plate further addresses the foot pronation associated with in-toe gait by incorporating the features of a functional FO (deep heel cup, medial rearfoot posting and skive) to control subtalar joint pronation during contact and midstance phases of gait.