

SHOE SIZE CONVERSION CHART

****PLEASE USE U.S. SHOE SIZES TO ORDER****

NOTE: If you are not sure about your shoe size, measure the length of your foot from heel to toe, then use the size chart to figure out your shoe size. POL Orthotics are sized in US sizes, so be sure to order according to your proper US conversion if you use UK or EU sizes. Trim the POL orthotics to fit your shoes as needed using guidelines on back.

<u>US Men's Shoe Size</u>	<u>US Women's Shoe Size</u>	<u>US Kids' Shoe Size</u>	<u>UK Shoe Size</u>	<u>EU Shoe Size</u>	<u>P.O.L Insole Length (Millimeters)</u>	<u>Heel to Toes Foot Length (Millimeters)</u>	<u>Heel to Toes Foot Length (Inches)</u>
2	3	1.5			220	198	
2.5	3.5	2	1	33	220	203	
3	4	2.5	1.5	33.5	220	207	8 ^{1/2}
3.5	4.5	3	2	34	230	211	8 ^{5/8}
4	5	3.5	2.5	34.5	230	215	8 ^{7/8}
4.5	5.5	4	3	35	240	219	9
5	6	4.5	3.5	35.5	240	224	9 ^{1/8}
5.5	6.5	5	4	36.5	250	228	9 ^{3/8}
6	7	5.5	4.5	37	250	232	9 ^{1/2}
6.5	7.5	6	5	37.5	250	236	9 ^{5/8}
7	8	6.5	5.5	38	260	241	9 ^{7/8}
7.5	8.5	7	6	39	260	245	10
8	9		6.5	39.5	270	250	10 ^{1/8}
8.5	9.5		7	40	270	254	10 ^{3/8}
9	10		7.5	40.5	280	258	10 ^{1/2}
9.5	10.5		8	41	280	262	10 ^{5/8}
10	11		8.5	41.5	280	266	10 ^{7/8}
10.5	11.5		9	42.5	290	270	11
11	12		9.5	43.5	290	275	11 ^{1/8}
11.5	12.5		10	44	300	279	11 ^{3/8}
12	13		10.5	45	300	284	11 ^{1/2}
12.5	13.5		11	45.5	310	288	11 ^{5/8}
13	14		11.5	46	310	292	11 ^{7/8}