

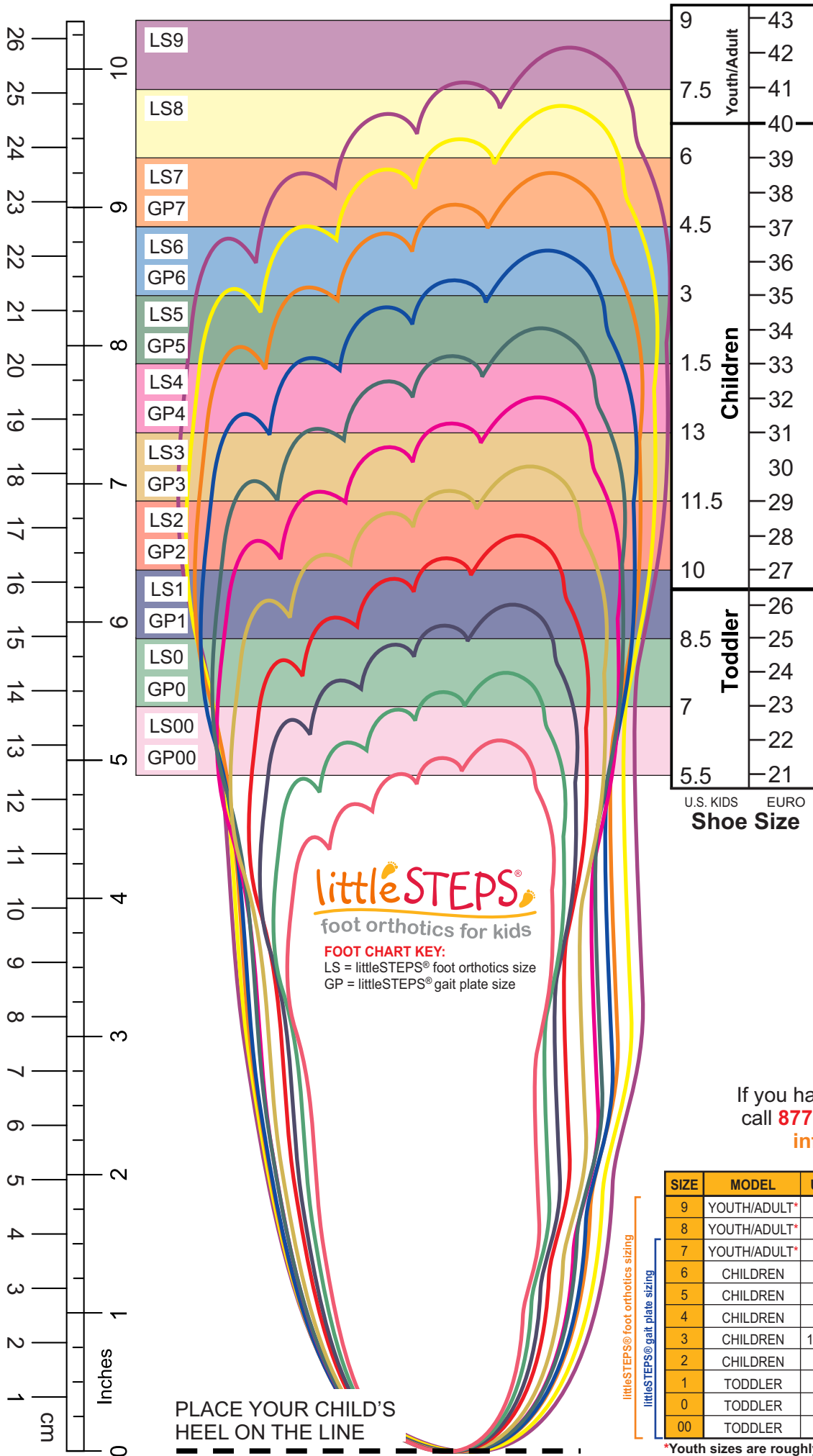
Proper Shoe Sizing

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

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[®]

foot orthotics for kids

Sizing Tips for littleSTEPS[®] orthotics

littleSTEPS[®] are designed to fit and function in the same manner as custom made foot orthotics. Proper littleSTEPS[®] 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[®]

gait plates for kids

Proper Fitting for littleSTEPS[®] Gait Plates

littleSTEPS[®] gait plates are designed to fit and function in the same manner as custom made foot orthotics. Proper littleSTEPS[®] 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[®] 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.