

# SeffShoe Diabetic Footwear

## How to take the measurements.

Seffshoes are supplied as per the size of the foot. The shoe size like 8, 9, may not match exactly with the foot. The foot measurements give much more information about one's feet. So taking precise measurement of each foot is important. follow the steps given below to take the measurements and send it along with the form and money to the following address and get your footwear as per your needs.

### Material required for the measurements:-

- 1)Two sheets of plane paper, letter or legal size, depending upon the foot length.
- 2)A metal refill (Not Plastic refill or Jotter refill). This is the thin refill like plastic one. The plastic one bends and the measurement goes wrong. So use a metal refill.
- 3)If the foot problem is more serious, consult our [helpline@dhansai.Com](mailto:helpline@dhansai.Com)

Step 1: Put one paper on plane ground surface and keep your right foot on it.



Figure 1

Step 2: Stand normally with second foot alongside the first keeping some distance as per figure 1. Shift your weight on the same foot and stand erect and look straight in front. Lift the foot slightly and put it down again putting full weight on it and looking straight. This helps in taking correct measurement

Step 3: Ask Somebody to hold the refill as shown in the figure 2. keep it vertical and draw the foot map.



Figure 2



Figure 3

Step 4: one may have to move from front to back to take the measurement. Be careful while taking the refill around heel, big toe, and near ankle bones. The fingers holding the refill should not touch the ankle bone.

Refer to figure 3 & 4



Figure 4



Figure 5

Step 5: Draw the arch as shown in figure 5 by holding the refill at about 45 degrees.

The Foot map should look similar to figure 6



Figure 6

Repeat the steps for Left foot.

Write your name and address, phone No., E-Mail etc on both the sheets.

Choose the footwear from the catalogue and fill the form by tick marking the check boxes.

Make the total and send the money to us. Put both the foot maps and form in the envelope and dispatch the same to us.