



WELL & ABLE

wearable therapy specialists

Resource toolkit for Allied Health Professionals

Therapeutic Footwear | Support For The Body | Footwear sizing charts



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Stability Footwear

Prefabricated support options

Our selection of stability footwear is created specifically to provide therapeutic support and ankle stability for children and young adults with various orthopaedic and neuromuscular conditions affecting the feet, ankles and lower legs. Children who present with symptoms such as high or low muscle tone of the legs, altered balance or movement control, hypermobility of the feet and ankles, toe-walking or altered postural alignment of the feet and ankles may benefit from the improved support and alignment that supportive footwear offers.



Aurelka 1009 Cub



The unique features of supportive footwear assist by providing:

- increased stability for the foot and ankle through a firm, high heel stiffener which acts like brace for the heel and ankles bones, ensuring an upright position.
- firm and supportive soles to encourage stability and promote a heel-toe walking pattern.
- either a flat inner foot bed to support the fitting of an orthotic or with built-in arch support for when the midfoot is collapsed (depending on the brand).

When purchasing our supportive footwear, there are a few key factors to keep in mind:

- EU sizing is typically used, and each brand and size has a specific inner shoe length.
- Foot length should be measured and then an additional 1.5cm (approximately) added to find the most appropriate best inner shoe length.
- Footwear is available with either a flat inner foot bed to support the fitting of an orthotic or with built-in arch support.
- Certain support footwear may not be suitable for use with SMO's/AFO's, however we stock models that are specifically orthotic-friendly.
- We stock a range of standard width off the shelf support footwear for children with a particularly wide or narrow foot shape, a custom order may be required.
- If an incorrect size is ordered from stock, it can be exchanged, however custom orders cannot be refunded.
- It is highly recommended to seek advice from a healthcare professional before purchasing.

Customised Footwear

Footwear for individual needs

Our customised support footwear range are designed specifically for individuals that do not our standard range of support footwear. That is, individuals with feet that are wider, narrower, deeper or somehow different and require uniquely sized footwear to fit well.

Our customised footwear may be considered for a number of reasons including:

- feet that are wider or narrower than typical
- a history of ill fitting footwear
- a difference in the length of the legs
- a need for higher support
- a need to accommodate orthotics
- difficulty with compliance or fastening



Modified NIMCO Jordan



NIMCO last modifications available

Features of support footwear that can be altered to meet individual needs include:

- the size and width of the footwear
- the level of support and shape of the stiffener that supports the heel and ankle bones
- the pitch, stiffness and support of the sole
- the width of the footwear can be customized at specific points to fit individual measurements
- the overall height of the footwear
- raising a sole to accommodate a shorter limb
- altered fastening mechanisms to make getting the shoes on and off easier
- the colour/s of the leather used can be altered to meet individual tastes

Well & Able offers a variety of leading orthopaedic footwear brands that are able to be ordered to meet individual needs. The exact features of the footwear that can be altered, differ according to each brand. It is important to speak with our team to discuss individual needs so that we are able to advise of the most appropriate brand/s to work with.

It is essential that all individually ordered and customised footwear is prescribed in conjunction with a treating allied health professional who can assist with providing the correct prescription and individual measurements as these items cannot be returned. Please contact our team for assistance with this process and for the appropriate custom measurement forms.

Footwear for orthoses

Extra depth and width options for AFO's

Our range of footwear for orthoses is specifically designed for users of AFOs, SMOs and foot orthoses of varying designs and thicknesses. User's of orthoses on either one or both sides of the body can be accommodated.

Footwear designed for orthoses offers the user a number of benefits including:

- Increased ease of getting the footwear on and off for both the wearer and/or carer.
- Improved fit of the orthosis inside the shoe without having to excessively increase the length of the footwear.
- Increased volume in the heel, instep and toe box area.
- Ability to order split pairs; eg. unilateral AFO requiring a larger fit than the other foot.
- Ability to change the alignment of the orthosis and shoe combination to improve gait and mobility.
- Ability to accommodate age and style preferences.
- Modifiable soles on most models to adjust pitch or accommodate leg length differences.



Perpedes Sienna



Duna OW04 Step



The Duna OW09 Power features a rigid EVA midsole that can be adjusted professionally to optimize standing and walking. The rear-opening BOA system allows easy fitting and high supportive stiffeners stabilise the AFO within the footwear.

Well & Able offers a variety of leading brands of footwear for orthoses and endeavours to keep some selected models in stock. Other models will need to be ordered to meet individual users needs. It is essential that this footwear is prescribed in conjunction with a treating allied health professional who can assist with providing the correct individual measurements.

It is also then important to speak with our team to discuss an individual users needs and measurements so that we are able to advise on the most appropriate brands, models and sizes to work with. Please contact our team for assistance with this process and for the appropriate measurement forms.

Footwear for lower leg support

AFO alternative shoe orthosis

Well & Able is proud to be the only provider in Australia to offer the unique concept of the AFO alternative shoe-orthosis. The shoe-orthosis is footwear designed higher to support the lower leg, ankle and foot similar to an Ankle Foot Orthosis (AFO). Made from real leather outer and inner linings with built in stiffening support and outer sole, this unique range is designed to look and feel like a shoe whilst functioning like an AFO.

Customised high support footwear may be considered for a number of reasons including:

- a history of poor compliance or poor tolerance of AFO's
- not able to access traditional AFO's in a timely manner
- constant movement of the feet and lower legs causing poor tolerance of AFO's
- an option for those that require some flexibility and not as much rigidity as an AFO provides
- a need for moderate support for those with mild to moderate deformity
- a wide variety of colours, textiles and accessories enable the wearer to create something unique, that they want to wear.



Our high support footwear is suitable for users requiring moderately high bilateral support only (ie not suitable for unilateral support users nor users requiring rigid support).

Features of our high support footwear that can be altered to meet individual needs include:

- the level of support, height and shape of the stiffener that supports the lower leg, heel and ankle bones
- the pitch, stiffness and support of sole
- the width of the footwear can be customized at specific points to fit individual measurements
- raising a sole to accommodate a shorter limb
- altered fastening mechanisms to make getting the shoes on and off easier
- the colour/s of the leather used can be altered to meet individual tastes



Two leading orthopaedic footwear manufacturers, NIMCO and Aurelka, are able to offer this unique service. The exact features of the footwear that can be prescribed differ according to each brand. It is therefore important to speak with our team to discuss individual needs so that we are able to advise of the most appropriate brand to work with.

It is essential that all individually ordered and customised footwear is prescribed in conjunction with a treating allied health professional who can assist with providing the correct prescription and individual measurements as these items cannot be returned. Please contact our team for assistance with this process and for the appropriate custom high support footwear measurement forms.

Aquatic Footwear

Customisable support footwear for wet environments

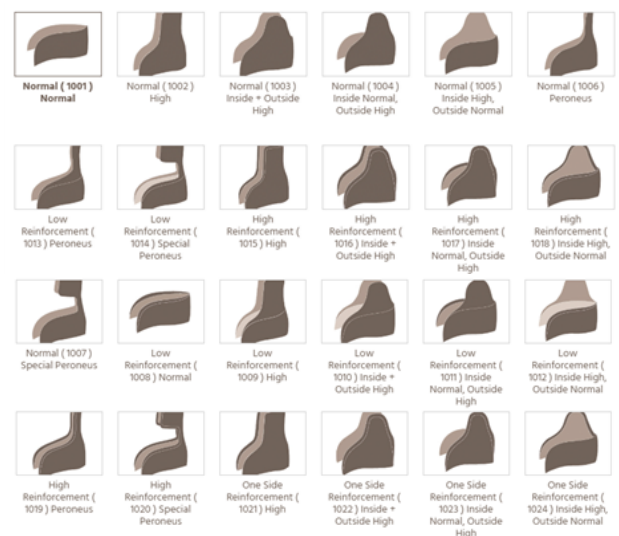
Well & Able is proud to offer the unique concept of supportive aquatic footwear. Our range of aquatic support footwear is designed specifically for use in water environments and features chlorine and salt resistant materials, allowing the footwear to be used at both the pool and beach. The footwear offers comfort and stability in and out of the water and offers the user a unique support solution for a range of activities such as:

- water therapy or exercise
- beach activities either in the sand or surf
- water sports activities
- improving safety for showering or transitioning in wet bathroom environments



Our range is made by leading European manufacturer NIMCO to be customizable to suit the users unique needs and features:

- lightweight materials that are quick drying
- water draining holes
- anti-slip, durable outer sole
- chlorine and salt resistance materials
- customisable sizes to fit unique foot shapes and sizes
- option to make the footwear higher to support further up the lower leg like an AFO
- customisable support levels provided by different types of counter stiffeners



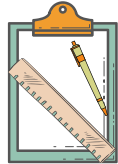
NIMCO custom stiffener options

It is essential that all individually ordered and customized aquatic footwear is prescribed in conjunction with a treating allied health professional who can assist with providing the correct prescription and individual measurements, as these items cannot be returned. Please contact our team for assistance with this process and for the appropriate measurement forms.

How to determine size

Guide to measuring foot length

The guide covers the basic measurements needed to determine size for standard off the shelf supportive footwear. If the wearer's foot is not standard in terms of width or depth, then additional measurements are required.



You will need

- A Pen with a narrow body
- A ruler
- A4 paper and a firm surface

Step 1: Trace around feet onto a piece of paper

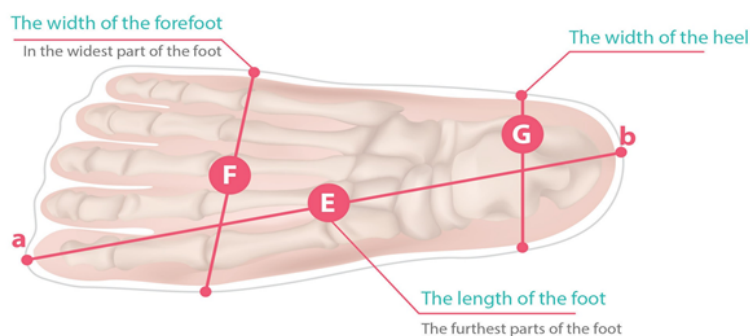
- Tracings should be taken in a standing position with feet aligned under the hips.
- If this is not possible, tracings may be done seated, with the knee bent 90 degrees and some weight-bearing through the leg (if appropriate).
- Position the foot in a neutral position if possible (a second person can assist with this if needed).
- Use a thin bodied pen held vertically to trace around each foot.
- If you are fitting full length foot orthotics inside the shoes, please trace the foot orthotics as well.

Step 2: Measure Length

Mark and then measure on the tracings the following as per the diagram:

- E foot length,
- F ball width,
- G heel width.

Record all measurements to the nearest millimetre, do not round up or down. Write these on the tracings, along the ruled lines of measure. Please keep the original copy until finalised as it may be requested, particularly in cases where the foot may be wide or narrow compared to standard.



Step 3: Add allowances

Now add additional allowances for wiggle room and growth and/or orthotics as per the guidelines below to determine an overall internal shoe length required.

- For open-toed sandals, add to the foot length measurement an additional 1.0cm approx. (you may add less for toddlers e.g. 0.8cm, and you may add more for older children e.g. 1.3cm)
- For an enclosed boot, add to the foot length measurement an additional 1.5cm approx. (you may add less for toddlers e.g. 1.2 cm, and you may add more for older children e.g. 1.7cm). Also consider the thickness of any socks worn.

How to determine size

Guide to measuring foot length

Step 3: Add allowances (continued)

- If half or 3/4 length foot orthotics or inserts are being used inside the footwear, add an additional 3-4 mm of allowance to accommodate the thickness of the support at the heel.
- If full length foot orthotics are being used inside the footwear (which have already been trimmed), the foot orthotic itself should be traced and measured. Use the foot orthotic length instead of the foot length to find the correct internal shoe length required.
- Example: 18 month old toddler needing boots: Foot trace 12.5cm + 1.0cm allowance for a boot = 13.5cm internal length required.
- Example: 7 year old requiring enclosed school boots to accommodate 1/2 length orthotic inserts: foot trace 19.7cm + 1.5cm for a boot, and allowing an extra 0.3 for the orthotic = approx. 21.5cm internal length required.

Step 4: Determine size using footwear size charts

Use the footwear sizing chart (which shows the internal/inner length of the shoe) to find the size that matches best the overall inner length that you determined in step 3 above.

This is a guideline only and the individual growth and requirements of the wearer should always be considered. If your selection proves too big or too small, stocked footwear can be returned, and the required size resent to you. Please contact us if you need further assistance.

Footwear measurement form

For more complete guide to measurement and sizing

If the wearer's foot is not standard in terms of width or depth, or the wearer has an orthosis to fit inside the footwear, then additional measurements are required. The Footwear Measurement form is used in this situation and it outlines the length, width and circumference measurements the foot that are required. The measurements give a more accurate picture of the size and volume of the foot or foot/ orthosis combination that needs to fit inside the footwear. Once the Footwear Measurement Form is returned to Well & Able, it is reviewed and the wearer's measurements are then compared to the length, width and circumference measurements of the various footwear lasts to find the most suitable size and model for the wearer.



DATE MEASUREMENTS TAKEN

<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>
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Participant Details

Name :	<input type="text"/>		
Date of Birth :	<input type="text"/> / <input type="text"/> / <input type="text"/>	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Diagnosis/ Disability:	<input type="text"/>		
NDIS Number :	<input type="text"/>	<input type="checkbox"/> Self Managed	<input type="checkbox"/> Plan Managed <input type="checkbox"/> NDIA Managed
Plan Manager invoice email :	<input type="text"/>		

Contact Details

Parent Name :	<input type="text"/>	Street Address :	<input type="text"/>	
Phone Number:	<input type="text"/>			
Suburb :	<input type="text"/>	State:	<input type="text"/>	Post Code : <input type="text"/>
Email :	<input type="text"/>			

Details of referring Allied Health Professional

Name:	<input type="text"/>	Recommendations or requests:
Allied Health Profession :	<input type="text"/>	
Organisation :	<input type="text"/>	
Email :	<input type="text"/>	

Footwear preferences (if known)

Model:	<input type="text"/>	Model:	<input type="text"/>
Notes:	<input type="text"/>	Notes:	<input type="text"/>

Signature (if submitted via eMail this is taken as an electronic agreement to this declaration)

By submitting this form, I agree that I have taken the measurements in this form with due diligence and care and that special order and customised footwear based on these measurements are non returnable. I understand that stock footwear is returnable only if in new condition and subject to approval. I have attached photographs of the wearer's feet and lower legs and orthoses if applicable.

Name: _____ Signed: _____



Select the lower limb conditions that require support/accommodation

- | | |
|---|---|
| <input type="checkbox"/> Pronation/collapsed arches | <input type="checkbox"/> Toe walking |
| <input type="checkbox"/> Heel valgus | <input type="checkbox"/> High tone/hypertonia |
| <input type="checkbox"/> Low tone/hypotonia | <input type="checkbox"/> Metatarsus adductus |

☐ Other

Please indicate the wearers level of mobility on the scale below

- | | | | | | |
|--------------------------|---|--|--|---|--------------------------|
| Non weightbearing | Weightbearing/
transitioning to standing | Walking with assistance
for short distances | Walking independently
for short distances | Walking independently but
prone to trips and falls | Walking
independently |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Select footwear features required

Therapy Purpose ☐ Support ☐ AFO/Orthotic ☐ Straight and Reverse Last

Height ☐ Low cut ☐ Mid ankle cut ☐ Above ankle cut/high top
☐ Mid calf & above (AFO alternative)

Sole Flexibility ☐ Semi-flexible ☐ Firm ☐ Semi-stiff

Style ☐ Sandal ☐ Boot ☐ Sports ☐ Shoe /Mary-Jane

Colour Preference ☐ School Black ☐ Other

- Profile of innersole** ☐ Standard built-in arch support
☐ Wearer needs more than standard arch support - supply off the shelf orthotic
☐ Flat innersole required as the wearer has/will have (tick applicable):
- | | | |
|--|-------------------------------|--------------------------------|
| <input type="checkbox"/> Foot orthotics | <input type="checkbox"/> Left | <input type="checkbox"/> Right |
| <input type="checkbox"/> SMO | <input type="checkbox"/> Left | <input type="checkbox"/> Right |
| <input type="checkbox"/> Articulated AFO | <input type="checkbox"/> Left | <input type="checkbox"/> Right |
| <input type="checkbox"/> Solid AFO | <input type="checkbox"/> Left | <input type="checkbox"/> Right |

Other features required eg flares, sole raises for LLD etc

Before you measure

Some important points to keep in mind when taking tracings and measurements:

- A second person is helpful when taking the tracings and measurements.
- Tracings and measurements should be taken in a standing position or, for those unable to stand, sitting with the knees at right angles and the feet weight-bearing.
- Trace and measure each foot separately.
- Record measurements in centimetres to one decimal place.
- Record actual measurements without increasing the measures at your own discretion.



Also include photos of the left and right foot individually from the side, front and back and attach to the order email.
This is optional for standard footwear, but recommended.



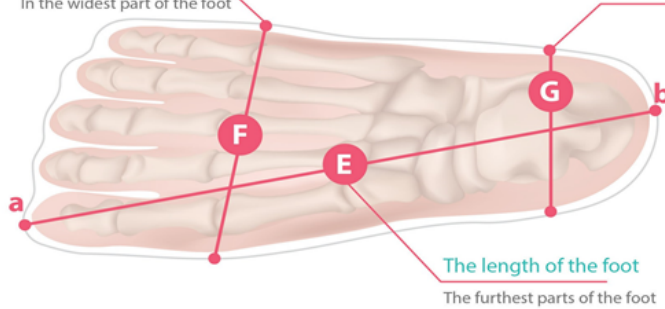
If the wearer has an AFO/ SMO/ foot orthosis please take both sets of measures ie. take both barefoot and foot with orthoses measurements.

Length and width measurements required for all footwear

The width of the forefoot

In the widest part of the foot

The width of the heel



The length of the foot
The furthest parts of the foot

Use pages 5 & 6 - Feet tracing pad (left) and (right) to trace each foot or foot with orthotic if orthoses are to be worn in the shoes. Rule the lines of measure E,F,G on the tracing and then write the measurement along the line. Transfer final checked measurements to the table below.

	Description – see diagram	Left barefoot	Right barefoot	Left foot with orthosis if applicable	Right foot with orthosis if applicable
E	Length of the foot				
F	Width of forefoot at MTP joints				
G	Width of heel				

Measurements taken with:

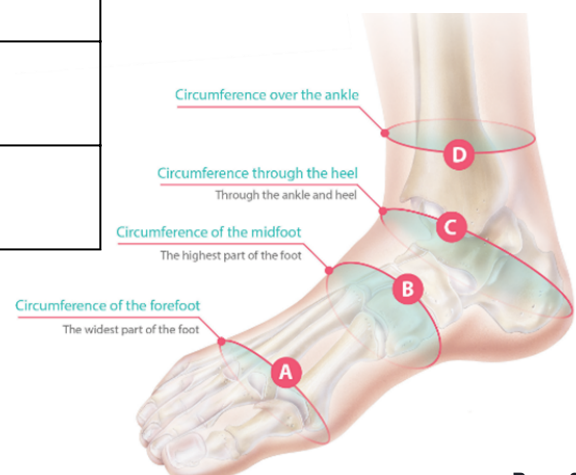
- ☐ AFO ☐ SMO
☐ Foot Orthotic

Thickness of orthosis at at MTP joints:

Thickness of orthosis at heel:

Circumference measurements required for all footwear

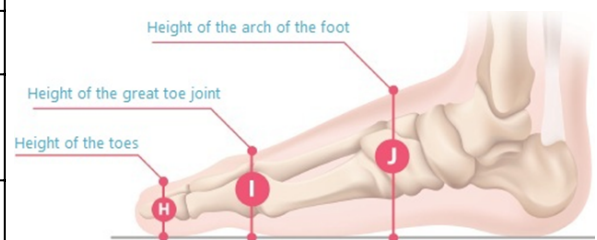
	Description – see diagram	Left barefoot	Right barefoot	Left foot with orthosis if applicable	Right foot with orthosis if applicable
A	Forefoot circumference				
B	Midfoot circumference				
C	Circumference around the heel and ankle				
D	Circumference above the malleoli				





Additional measurements only required for customised extended height footwear (AFO alternative footwear for heel/ankle and lower leg stability)

	Measurement Description	Left	Right
H	Height of toes		
I	Height of great toe at MTP joint		
J	Height of midfoot		
K	Required height to the upper of shoe (Max. 25cm.) Stiffener height adjusted to requested upper height.		
L	Circumference at top of upper		
M	Calf circumference at widest point of calf		
O	Circumference around malleoli		
Measurements from this point onwards are not depicted in diagrams.			
P	Height to midpoint medial malleoli		
Q	Height to midpoint lateral malleoli		
Measure circumferences up the leg to the applicable height (ie to the height of the upper)			
R	Circumference at 10 cm up the leg		
S	Circumference at 12 cm up the leg		
T	Circumference at 14 cm up the leg		
U	Circumference at 16 cm up the leg		
V	Circumference at 18 cm up the leg		
W	Circumference at 20 cm up the leg		
X	Circumference at 22 cm up the leg		
Y	Circumference at 24 cm up the leg		



Please submit as attachments:

All pages, any supporting images or other documents to thrive@wellandable.com.au

Left foot tracing

Barefoot

☐

With orthotic

☐

Right foot tracing

Barefoot

With orthotic

Sizing chart for ready made footwear

Use this chart to determine sizing based on Diagram A

Brand	Size	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aurelka ³	cm	10.2	10.9	11.6	12.3	12.8	13.7	14.3	15.0	15.5	16.3	16.9	17.5	18.2	19.0	19.6	20.2	21.0
Medica	cm						13.5	14.1	14.9	15.4	16.1	16.9	17.5	18.0	18.6	19.3	19.8	20.5
Medica AV						13.0	13.5	14.1	14.8	15.5	16.1	17.0	17.7	18.2	19.0	19.5	20.0	21.0
Memo ¹	cm				12.0	12.7	13.3	14.0	14.7	15.3	16.0	16.7	17.3	18.0	18.7	19.3	20.0	20.7
Chaneco ^{3 4}	cm					12.7	13.5	14.4	14.8	15.2	16.1	16.5	17.4	17.8	18.6	19.1	19.9	20.3
Duna Sport	cm				12.0	12.6	13.3	13.9	14.6	15.2	15.9	16.5	17.2	17.8	18.5	19.1	19.8	20.4
Duna Orthotic "WAP" ³	cm						13.3	14.0	14.7	15.3	16.0	16.7	17.3	18.0	18.7	19.3	20.0	20.7
NIMCO ³	cm		10.7	11.4	12.0	12.7	13.4	14.0	14.7	15.4	16.0	16.7	17.4	18.0	18.7	19.4	20.0	20.7
Schein ^{3 4}	cm				12.5	13.1	13.8	14.4	15.0	15.7	16.3	17.0	17.6	18.3	19.0	19.6	20.2	20.8
Piedro ²	cm				12.0	12.7	13.3	14.0	14.7	15.3	16.0	16.7	17.3	18.0	18.7	19.3	20.0	20.7

Brand	Size	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
Aurelka ³	cm	21.7	22.2	23.0	23.4	24.2	24.8	25.5	26.2	26.9	27.5	28.4	28.8				
Medica	cm	21.1	21.6	22.3	23.2	23.7	24.7	25.3	26.0	26.7							
Medica AV		21.5															
Memo ¹	cm	21.3	22.0	22.7	23.3	24.0	24.7	25.3	26.0	26.7							
Chaneco ^{3 4}	cm	21.2	22.0	22.4	23.3	23.7	24.6	25.4	25.8	26.7	27.1	27.9	28.8	29.2			
Duna Sport	cm	21.1	21.7	22.4	23.0	23.7	24.3	25.0	25.6	26.3	26.9	27.6	28.2	28.9	29.5	30.2	
Duna Orthotic "WAP" ³	cm	21.3	22.0	22.7	23.3	24.0	24.7	25.3	26.0	26.7	27.3	28.0	28.7	29.3	30.0	30.7	
NIMCO ³	cm	21.4	22.0	22.7	23.4	24.0	24.7	25.4	26.0	26.7	27.4	28.0	28.7	29.3	30.0		
Schein ³	cm	21.5	22.1	22.8	23.4	24.1	24.7	25.3	26.0	26.6	27.3	28.0	28.6	29.3	29.9	30.6	31.4
Piedro ²	cm	21.3	22.0	22.7	23.3	24.0	24.7	25.3	26.0	26.7	27.3	28.0	28.7	29.3	30.0	30.7	

¹ **Note:** Memo models Chicago, New York, Nodi, Bella and Alvin have different sizing. See the size on each product's size drop down.

² **Note:** Piedro sizing is included for comparison only as we do not sell Piedro.

³ **Note:** These brands are available in multiple widths. See their size charts for actual measurements



WELL & ABLE

wearable therapy specialists

Support For The Body

Sensory Dynamic Orthosis (SDO™)

Helmets

Gaiters

Neck Orthosis



wellandable.com.au | thrive@wellandable.com.au | +61 7 3448 0446
458 Tableland Rd, Dalysford, QLD, 4671

Dynamic Compression

SDO™ Lite ready to wear garments

For light compression

Features and benefits of SDO™ Lite ready made compression garments:

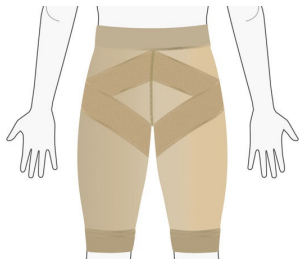
- Used to improve postural alignment, stability, and proprioception
- Standard elements of postural support sewn in
- Designed for short-term use
- 4 colours available to order

Suitable for:

- Sensory processing difficulties including Autism and ADHD
- Low muscle tone (mild)
- Mild postural deviations associated with developmental delays
- Can be used as an assessment tool to determine tolerance and benefit of compression

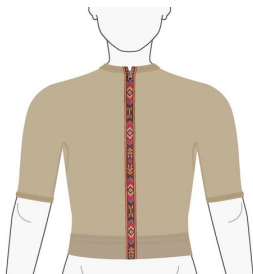


SDO™ Lite range



Pants

Panels cross the hip joints to assist with hip stability and alignment.



Shirts

Front zipper and panels to support shoulder retraction and extension.



Range

4 Colours and multiple sizes available in each garment



Gauntlet

Panel to support wrist extension.



Sleeve

Provides compression for upper limb tone management, no panels.



Sock

Panel to support dorsiflexion/lifting of the foot

Dynamic Compression

Sensory Dynamic Orthosis (SDO)TM

For firm and targeted compression

Features and benefits of custom-made Sensory Dynamic OrthosesTM (SDO):

- Custom-made lycra compression garments
- Provides compression to enhance sensory and proprioceptive awareness
- Reinforcing panels provides musculoskeletal alignment and stability
- Dynamic garment designed for movement
- Fully customisable zipper placement for ease of fitting, openings for PEG's can be fitted
- Open and closed crotch designs available to assist in management of continence
- Variety of garment designs including suits, pants, shirts, sleeves, socks, gloves, gauntlets



Sleeveless SDO suits with open crotch and panelling



SDO sleep suit with adjustable side Velcro closures for in night-time positioning

Suitable for a variety of neuromuscular and musculoskeletal conditions including:

- Cerebral palsy
- Muscular Dystrophies
- Ehlers Danlos Syndrome
- Multiple Sclerosis
- Conditions featuring low muscle tone
- Autism
- Not suitable when significant fixed contractures present.




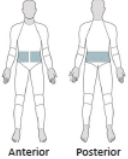
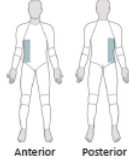
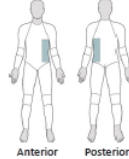




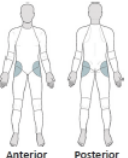
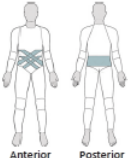
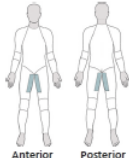





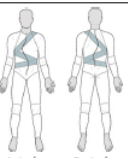
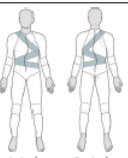
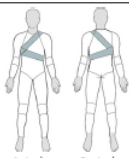
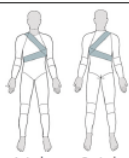


Posture before and with use of SDO garment

SDO™ Reinforcement Panels

Postural support panels for SDO™ garments









The SDO reinforcement panels provide stretch and directional pull for musculoskeletal re-alignment and stabilisation at the same time as providing resistance to assist with strengthening and conditioning.

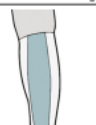
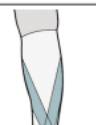
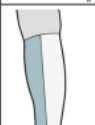
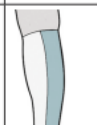




For SDO™ Suit, Vest, Leotard, Pants & Shorts

Standard Panels	Lumbar Panels	Lateral Trunk Panels	Lateral Trunk Panels	Chest Panels	Cross Panels	Anterior Abdominal Panels	Posterior Back Panels
To assist hip external rotation and back extension	To assist postural control	To correct left lateral flexion	To correct right lateral flexion	To assist protraction of the scapulae	To assist retraction of the scapulae and back extension	To resist lordosis	To resist kyphosis
SP (Std Panels included with Suits)	LP	TPL	TPR	CP1	CP2	AP	BP
							
Hip Panels To assist hip control and external rotation	Oblique Panels To assist activation of oblique muscles	Medial Upper Leg Panels To assist adduction and internal rotation	Anterior Pelvic Panels To resist posterior tilt	Posterior Pelvic Panels To resist anterior tilt and encourage hip extension	Anterior Leg Panels To assist knee extension	Posterior Leg Panels To assist knee flexion	Posterior Leg Panels To assist hip extension
HP	OB	ULM	APP	PPP	KE	KF	HE
							
Scoliosis Panels To assist correction of right thoracic and left lumbar curves	Scoliosis Panels To assist correction of left thoracic and right lumbar curves	C-Shape Scoliosis Panels To resist falling to the left	C-Shape Scoliosis Panels To resist falling to the right	External Rotation Panels To assist external rotation at the hips	Internal Rotation Panels To assist internal rotation at the hips		
SPL	SPR	CPL	CPR	ERP	IRP		
							

For SDO™ Glove, Gauntlet and Sleeve garments

For SDO™ Sock garments

Dorsal Wrist	Volar Wrist	Anterior Elbow	Posterior Elbow
UL1 (Std Panel included with Garment) Standard provision to resist wrist flexion	UL2 To resist wrist extension	UL3 To resist elbow hyperextension	UL4 To resist elbow flexion
			
Posterior Spiral UL5 To resist pronation	Anterior Spiral UL6 To resist supination	Thumb UL7 To assist extension and abduction	Diagonal Wrist UL8 To resist ulnar deviation
			

Lower Leg Central	Lower Leg Cross	Lower Leg Medial	Lower Leg Lateral
LL1 To assist dorsi-flexion and control alignment	LL2 To assist dorsi-flexion	LL3 To assist dorsi-flexion and resist eversion (pronation)	LL4 To assist dorsi-flexion and resist inversion (supination)
			
			

Medical grade soft shell helmets

Soft shell helmets are medical grade protective equipment designed to reduce head injuries that can occur as a result of falls, seizure activity, head banging and other incidents.

Guardian Special Needs Helmet

Flexible, lightweight and breathable with rear lacing adjustment and Vecro chin strap. Offers full head coverage including ear protection. Material between in the inner and outer lycra linings flows freely at rest, but on impact, locks tightly together to disperse and absorb energy from the blow. Stocked in a range of sizes and colours.

SIZE	CIRC AROUND HEAD (CM)
Small	48.7 - 51.2
Medium	52.5 - 55.0
Large	56.2 - 57.5
X-Large	58.7 - 60.0
XX-Large	61.2 - 65.0

4 COLOR OPTIONS



MEDICAL GRADE • FDA REGISTERED



Danmar Soft Shell Helmet

Lightweight, easy to clean helmet made from vinyl coated, shock-absorbent foam. Features ports for ventilation and adjustable, snap-closure chinstrap. Sizes infant to small in colours pink and royal blue kept in stock. Other colours, sizes and custom options available to order.

SIZE	CIRC AROUND HEAD (CM)
Infant	41.3 - 43.2
XX-Small	44.5 - 46.4
X-Small	48.3 - 50.2
Small	52.7 - 54.6
Medium	54.6 - 56.5
Large	58.4 - 60.3
X-Large	61.0 - 62.9
XX-Large	64.8 - 66.7



Gaiters

Straight & flexion; Ready-made & custom

www.wellandable.com.au

thrive@wellandable.com.au

07 3448 0446

Our arm and leg gaiters, otherwise known as arm and leg wraps, are comfortable yet strong with reinforcing steels sewn in. They are designed for use in the management of contractures, support during rehabilitation and post surgery to restrict range of motion and facilitate healing

They are available as either:

- **Straight or extension gaiters**, which are used to maintain the arm or leg in extension for rehabilitation, prolonged stretch or immobilization purposes. Straight gaiters are available as either ready-made or made-to-measure.
- **Flexion gaiters**, which are made at a requested angle of flexion, and are used to manage flexion contractures of the elbow or knee. Flexion gaiters are made-to-measure. The minimum flexion is 5 degrees and the maximum is 80 degrees.

Gaiters are available with two lining options:

- **Standard white cotton** fabric lining or
- **Deluxe padded terry towelling lining** (or sheep skin padding upon request)



*Tiny 15 cm gaiters
available to custom order*



To order made-to-measure or flexion gaiters, please complete the **Custom Gaiter Order Form** on the website and email to: thrive@wellandable.com.au

SIZE	LENGTH CM	TOP CIRC. CM	BOTTOM CIRC. CM
X-Small	20	18-25	13-20
X-Small	25	18-25	13-20
Small	20	24-31	15-22
Small	25	24-31	15-22
Small	30	24-31	15-22
Medium	30	31-38	18-25
Medium	35	31-38	18-25
Large	40	39-46	21-28
Large	45	39-46	21-28
Large	50	39-46	21-28
X-Large	45	46-53	24-31
X-Large	50	46-53	24-31

Bumblebee



Rainbow Unicorns



Camouflage



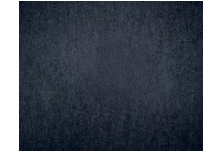
Urban Camo



Dinosaurs



Denium



Hearts & Flowers



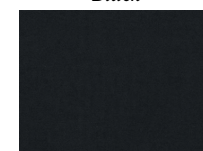
Claret



Mint Butterflies



Black



Neck Orthoses

Hensinger Head Support Collars

The Hensinger Head Support is a soft foam neck orthosis for children and adults with poor head control. It is designed to support the head and neck in a mid-line position by supporting the upper chest and under the jawline of the user. The Hensinger Head Support with high back provides additional support under the base of the head (occiput).

The Hensinger Head Support collar can improve midline head positioning and stability which can assist with:

- improved breathing and maintenance of open airways
- improved swallowing and eating
- improved social interaction and communication
- improved functional movement of the eyes eg for use of eye gaze technologies

All models must be used in conjunction with a chest/trunk support.

Custom made sizes and styles can be ordered to meet specific requirements.



Standard low back collar, 4 standard sizes

SIZE	NECK CIRC (CM)	EARLOBE TO SHOULDER (MINUS 1.2CM)
X-Small	22.8	2.5
Small	30.5	3.8
Medium	35.5	5.0
Large	40.5	6.3

All collars come standard with covers and a quick release buckle which allows easy fitting and removal. Covers can be easily removed and replaced with fashionable long socks of the users choice (front opening Hensingers only). Replacement covers are also available.

Please seek professional advice regarding suitability from your treating health professional or our team prior to ordering.



Custom made collar with ears joined together.



WELL & ABLE

wearable therapy specialists

Sizing charts

International size conversion guide for footwear

Perpedes size chart

NIMCO size chart

Duna orthotic size chart

Duna OW09 Power size chart

Schein size chart

Well & Able combined size chart



International sizing guide

This is to be used as a guide only. Do not order based on this chart.

As it is with clothing- not all shoe sizings are the same.

Please determine actual size by tracing and measuring both feet.

Age range		AUS/UK	EURO	US
0 - 12 mths	FOR INITIAL QUOTES ONLY DO NOT USE THIS SIZE CHART TO ORDER FOOTWEAR	1	17	T 2
0 - 12 mths		1.5	18	T 2
0 - 12 mths		2	18	T 3
0 - 12 mths		2.5	18	T 3
0 - 12 mths		3	19	T 4
0 - 12 mths		3.5	20	T 5
0 - 12 mths		4	20	T 5
12 mths - 3 yrs		4.5	21	T 5
12 mths - 3 yrs		5	22	T 6
12 mths - 3 yrs		5.5	22	T 6
12 mths - 3 yrs		6	23	T 7
12 mths - 3 yrs		6.5	23	T 7
12 mths - 3 yrs		7	24	T 8
12 mths - 3 yrs		7.5	24	T 8
12 mths - 3 yrs		8	25	T 9
12 mths - 3 yrs		8.5	26	T 9
12 mths - 3 yrs		9	27	T 10
12 mths - 3 yrs		9.5	27	T 10
3 - 8 yrs		10	28	T 11
3 - 8 yrs		10.5	28	T 11
3 - 8 yrs		11	29	T 12
3 - 8 yrs		11.5	29	T 12
3 - 8 yrs		12	30	T 13
3 - 8 yrs		12.5	31	T 13
3 - 8 yrs		13	32	Y 1
3 - 8 yrs		13.5	32	Y 1
3 - 8 yrs		1	33	Y 2
3 - 8 yrs		1.5	33	Y 2
3 - 8 yrs		2	34	Y 3
8 yrs +		2.5	35	Y 3
8 yrs +		3	36	Y 4
8 yrs +		3.5	36	Y 4
8 yrs +		4	37	Y 5
8 yrs +		4.5	37	Y 5
8 yrs +		5	38	Y 6
8 yrs +		5.5	38	Y 6
8 yrs +		6	39	A 7
8 yrs +		6.5	39	A 7
8 yrs +		7	40	A 8
8 yrs +		7.5	40	A 8



Perpedes Sizing Chart

perpedes														3 Widths System										2 Widths System					
Shoe size	OT2					OT5					OT8					(See Below)					*OT								
	Inner shoe length	Ball width	Heel width	Ball girth	Heel girth	Toe box height	Inner shoe length	Ball width	Heel width	Ball girth	Heel girth	Toe box height	Inner shoe length	Ball width	Heel width	Ball girth	Heel girth	Toe box height	Inner shoe length	Heel girth	Ball girth	Heel girth	Inner shoe length	Heel girth	Ball girth	Heel girth			
18	E	F	G	A	C		E	F	G	A	C		E	F	G	A	C	OT 2 - 5 - 8											
19																													
20	13.3	5.9	4.1	16.1	21.5	2.1	13.6	6.4	4.9	18.8	24.6	2.6	17.0	7.1	5.4	21.1	28.6	3.1	0.4	17.0	7.1	5.4	21.1	28.6	3.1	0.4	17.0	7.1	5.4
21	14.0	5.9	4.1	16.3	22.0	2.2	14.3	6.5	4.9	19.0	25.2	2.7	17.6	7.2	5.5	21.5	29.1	3.2		17.6	7.2	5.5	21.5	29.1	3.2		17.6	7.2	5.5
22	14.7	6.0	4.2	16.5	22.5	2.2	15.0	6.6	5.0	19.3	25.9	2.8	18.3	7.3	5.6	21.9	29.8	3.3		18.3	7.3	5.6	21.9	29.8	3.3		18.3	7.3	5.6
23	15.3	6.1	4.3	16.8	23.1	2.3	15.6	6.7	5.1	19.6	26.5	2.8	19.0	7.5	5.7	22.3	30.5	3.4		19.0	7.5	5.7	22.3	30.5	3.4		19.0	7.5	5.7
24	16.0	6.2	4.3	17.1	23.6	2.3	16.3	6.8	5.1	19.9	27.1	2.9	19.6	7.6	5.8	22.7	31.4	3.5		19.6	7.6	5.8	22.7	31.4	3.5		19.6	7.6	5.8
25	16.7	6.4	4.4	17.5	24.1	2.4	17.0	6.9	5.2	20.2	27.8	2.9	20.3	7.8	6.0	23.2	32.2	3.6	0.6	20.3	7.8	6.0	23.2	32.2	3.6	0.6	20.3	7.8	6.0
26	17.4	6.5	4.5	17.8	24.6	2.4	17.6	7.0	5.3	20.6	28.3	3.0	21.0	8.0	6.1	23.7	33.0	3.7		21.0	8.0	6.1	23.7	33.0	3.7		21.0	8.0	6.1
27	18.0	6.6	4.6	18.2	25.1	2.5	18.3	7.2	5.4	21.0	29.0	3.0	21.7	8.2	6.2	24.2	33.8	3.8		21.7	8.2	6.2	24.2	33.8	3.8		21.7	8.2	6.2
28	18.7	6.8	4.7	18.6	25.9	2.5	19.0	7.3	5.5	21.4	29.7	3.1	22.3	8.3	6.4	24.8	34.8	3.9		22.3	8.3	6.4	24.8	34.8	3.9		22.3	8.3	6.4
29	19.4	6.9	4.8	19.0	26.8	2.6	19.6	7.4	5.6	21.8	30.5	3.1	23.0	8.5	6.5	25.3	35.5	4.0		23.0	8.5	6.5	25.3	35.5	4.0		23.0	8.5	6.5
30	20.0	7.1	4.9	19.5	27.6	2.7	20.3	7.6	5.8	22.3	31.4	3.2	23.7	8.7	6.7	25.9	36.4	4.1	0.8	23.7	8.7	6.7	25.9	36.4	4.1	0.8	23.7	8.7	6.7
31	20.7	7.3	5.0	20.0	28.4	2.8	21.0	7.8	5.9	22.8	32.1	3.2	24.0	9.2	6.9	26.6	37.5	4.2		24.0	9.2	6.9	26.6	37.5	4.2		24.0	9.2	6.9
32	21.4	7.5	5.2	20.6	29.2	2.9	21.7	8.0	6.0	23.3	33.0	3.3	24.7	9.3	7.0	27.0	38.2	4.3		24.7	9.3	7.0	27.0	38.2	4.3		24.7	9.3	7.0
33	22.0	7.7	5.3	21.1	30.2	3.0	22.3	8.1	6.2	23.9	33.9	3.3	25.3	9.5	7.1	27.4	39.1	4.4		25.3	9.5	7.1	27.4	39.1	4.4		25.3	9.5	7.1
34	22.7	7.9	5.5	21.7	30.8	3.1	23.0	8.3	6.3	24.4	34.6	3.4	26.0	9.6	7.2	27.8	40.0	4.5		26.0	9.6	7.2	27.8	40.0	4.5		26.0	9.6	7.2
35	23.4	8.1	5.6	22.3	31.6	3.2	23.7	8.5	6.5	25.0	35.4	3.5	26.7	9.8	7.3	28.2	40.9	4.6	0.9	26.7	9.8	7.3	28.2	40.9	4.6	0.9	26.7	9.8	7.3
36	23.6	8.2	5.6	22.6	32.9	3.2	24.0	9.0	6.6	25.5	36.5	3.6	27.3	9.9	7.5	30.6	41.8	4.7		27.3	9.9	7.5	30.6	41.8	4.7		27.3	9.9	7.5
37	24.3	8.4	5.7	23.0	33.6	3.3	24.7	9.2	6.7	25.9	37.2	3.7	28.0	10.0	7.6	31.0	42.5	4.8		28.0	10.0	7.6	31.0	42.5	4.8		28.0	10.0	7.6
38	24.9	8.5	5.8	23.4	34.5	3.4	25.3	9.3	6.8	26.3	38.1	3.8	28.7	10.2	7.7	31.5	43.4	4.9		28.7	10.2	7.7	31.5	43.4	4.9		28.7	10.2	7.7
39	25.6	8.7	5.9	23.8	35.2	3.5	26.0	9.4	6.9	26.7	38.9	3.9	29.3	10.3	7.8	31.9	44.2	5.0		29.3	10.3	7.8	31.9	44.2	5.0		29.3	10.3	7.8
40	26.3	8.8	6.0	24.2	35.9	3.6	26.7	9.6	7.0	27.1	39.7	4.0	30.0	10.5	7.9	32.3	45.0	5.1	1.1	30.0	10.5	7.9	32.3	45.0	5.1	1.1	30.0	10.5	7.9
41	26.9	9.2	6.2	25.0	36.8	3.7	27.3	9.7	7.2	29.4	40.8	4.1	30.7	10.6	8.0	32.7	45.8	5.2		30.7	10.6	8.0	32.7	45.8	5.2		30.7	10.6	8.0
42	27.6	9.3	6.3	25.4	37.3	3.8	28.0	9.9	7.3	29.8	41.4	4.3	31.3	10.7	8.1	33.1	46.6	5.3		31.3	10.7	8.1	33.1	46.6	5.3		31.3	10.7	8.1
43	28.3	9.5	6.4	25.8	38.1	3.8	28.7	10.0	7.4	30.3	42.3	4.4	32.0	10.9	8.2	33.5	47.4	5.4		32.0	10.9	8.2	33.5	47.4	5.4		32.0	10.9	8.2
44	28.9	9.6	6.5	26.2	38.9	3.9	29.3	10.1	7.5	30.7	43.1	4.5	32.7	11.0	8.3	33.9	48.2	5.5		32.7	11.0	8.3	33.9	48.2	5.5		32.7	11.0	8.3
45	29.6	9.8	6.7	26.7	39.7	3.9	30.0	10.3	7.6	31.1	43.9	4.6	33.4	11.1	8.4	34.4	49.0	5.6	33.4	11.1	8.4	34.4	49.0	5.6	33.4	11.1	8.4		
46	30.3	9.9	6.8	27.1	40.5	4.0	30.7	10.4	7.7	31.5	44.7	4.7	34.1	11.2	8.5	34.9	49.8	5.7	34.1	11.2	8.5	34.9	49.8	5.7	34.1	11.2	8.5		
47	30.9	10.1	6.9	27.5	41.3	4.0	31.3	10.6	7.8	31.9	45.5	4.8	34.8	11.3	8.6	35.4	50.6	5.8	34.8	11.3	8.6	35.4	50.6	5.8	34.8	11.3	8.6		
48	31.6	10.2	7.0	27.9	42.1	4.1	32.0	10.7	7.9	32.3	46.3	4.9	35.5	11.4	8.7	35.9	51.4	5.9	35.5	11.4	8.7	35.9	51.4	5.9	35.5	11.4	8.7		

est. 1994
NIMCO
MADE 4 YOU

Sizetable 4 Children

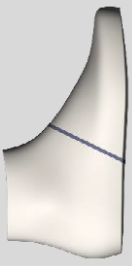
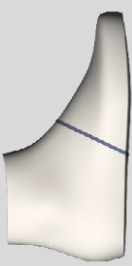


- These alphabetical codes are taken from the diagrams on the next page.

Size	Length	TN2					TN4					TN6					TN8					TN10					TN10XLS				
	E Length	F Width	A C/Ffoot	B C/Mft	C C/Heel	F Width	A C/Ffoot	B C/Mft	C C/Heel	F Width	A C/Ffoot	B C/Mft	C C/Heel	F Width	A C/Ffoot	B C/Mft	C C/Heel	F Width	A C/Ffoot	B C/Mft	C C/Heel	F Width	A C/Ffoot	B C/Mft	C C/Heel	F Width	A C/Ffoot	B C/Mft	C C/Heel		
16	10.70	5.05	12.35	12.85	15.30	5.35	13.35	13.85	16.00	5.65	14.35	14.85	16.70	5.95	15.35	15.85	17.50	6.25	16.35	16.85	17.95	6.25	16.35	16.85	17.95	6.25	16.35	16.85	17.95		
17	11.40	5.20	12.75	13.25	16.10	5.50	13.75	14.25	16.80	5.80	14.75	15.25	17.50	6.10	15.75	16.25	18.30	6.40	16.75	17.25	18.80	6.40	16.75	17.25	18.80	6.40	16.75	17.25	18.80		
18	12.00	5.35	13.15	13.65	16.90	5.65	14.15	14.65	17.60	5.95	15.15	15.65	18.30	6.25	16.15	16.65	19.20	6.55	17.15	17.65	19.65	6.55	17.15	17.65	19.65	6.55	17.15	17.65	19.65		
19	12.70	5.50	13.55	14.05	17.70	5.80	14.55	15.05	18.40	6.10	15.55	16.05	19.10	6.40	16.55	17.05	20.00	6.70	17.55	18.05	20.50	6.70	17.55	18.05	20.50	6.70	17.55	18.05	20.50		
20	13.40	5.65	13.95	14.45	18.50	5.95	14.95	15.45	19.20	6.25	15.95	16.45	19.90	6.55	16.95	17.45	20.90	6.85	17.95	18.45	21.35	6.85	17.95	18.45	21.35	6.85	17.95	18.45	21.35		
21	14.00	5.80	14.35	14.85	19.30	6.10	15.35	15.85	20.00	6.40	16.35	16.85	20.70	6.70	17.35	17.85	21.70	7.00	18.35	18.85	22.20	7.00	18.35	18.85	22.20	7.00	18.35	18.85	22.20		
22	14.70	5.95	14.75	15.25	20.10	6.25	15.75	16.25	20.80	6.55	16.75	17.25	21.50	6.85	17.75	18.25	22.60	7.15	18.75	19.25	23.05	7.15	18.75	19.25	23.05	7.15	18.75	19.25	23.05		
23	15.40	6.10	15.15	15.65	20.90	6.40	16.15	16.65	21.60	6.70	17.15	17.65	22.30	7.00	18.15	18.65	23.40	7.30	19.15	19.65	23.90	7.30	19.15	19.65	23.90	7.30	19.15	19.65	23.90		
24	16.00	6.25	15.55	16.05	21.70	6.55	16.55	17.05	22.40	6.85	17.55	18.05	23.10	7.15	18.55	19.05	24.30	7.45	19.55	20.05	24.75	7.45	19.55	20.05	24.75	7.45	19.55	20.05	24.75		
25	16.70	6.40	15.95	16.45	22.50	6.70	16.95	17.45	23.20	7.00	17.95	18.45	23.90	7.30	18.95	19.45	25.10	7.60	19.95	20.45	25.60	7.60	19.95	20.45	25.60	7.60	19.95	20.45	25.60		
26	17.40	6.55	16.35	16.85	23.30	6.85	17.35	17.85	24.00	7.15	18.35	18.85	24.70	7.45	19.35	19.85	26.00	7.75	20.35	20.85	26.45	7.75	20.35	20.85	26.45	7.75	20.35	20.85	26.45		
27	18.00	6.70	16.75	17.25	24.10	7.00	17.75	18.25	24.80	7.30	18.75	19.25	25.50	7.60	19.75	20.25	26.80	7.90	20.75	21.25	27.30	7.90	20.75	21.25	27.30	7.90	20.75	21.25	27.30		
28	18.70	6.85	17.15	17.65	24.90	7.15	18.15	18.65	25.60	7.45	19.15	19.65	26.30	7.75	20.15	20.65	27.70	8.05	21.15	21.65	28.15	8.05	21.15	21.65	28.15	8.05	21.15	21.65	28.15		
29	19.40	7.00	17.55	18.05	25.70	7.30	18.55	19.05	26.40	7.60	19.55	20.05	27.10	7.90	20.55	21.05	28.50	8.20	21.55	22.05	29.00	8.20	21.55	22.05	29.00	8.20	21.55	22.05	29.00		
30	20.00	7.15	17.90	18.40	26.50	7.45	18.90	19.40	27.20	7.75	19.90	20.40	27.90	8.05	20.90	21.40	29.40	8.35	21.90	22.40	29.85	8.35	21.90	22.40	29.85	8.35	21.90	22.40	29.85		
31	20.70	7.30	18.25	18.75	27.30	7.60	19.25	19.75	28.00	7.90	20.25	20.75	28.70	8.20	21.25	21.75	30.20	8.50	22.25	22.75	30.70	8.50	22.25	22.75	30.70	8.50	22.25	22.75	30.70		
32	21.35	7.45	18.60	19.10	28.10	7.75	19.60	20.10	28.80	8.05	20.60	21.10	29.50	8.35	21.60	22.10	31.10	8.65	22.60	23.10	31.55	8.65	22.60	23.10	31.55	8.65	22.60	23.10	31.55		
33	22.00	7.60	19.00	19.50	28.90	7.90	20.00	20.50	29.60	8.20	21.00	21.50	30.30	8.50	22.00	22.50	31.90	8.80	23.00	23.50	32.40	8.80	23.00	23.50	32.40	8.80	23.00	23.50	32.40		
34	22.70	7.75	19.40	19.90	29.70	8.05	20.40	20.90	30.40	8.35	21.40	21.90	31.10	8.65	22.40	22.90	32.80	8.95	23.40	23.90	33.25	8.95	23.40	23.90	33.25	8.95	23.40	23.90	33.25		
35	23.35	7.90	19.80	20.30	30.50	8.20	20.80	21.30	31.20	8.50	21.80	22.30	31.90	8.80	22.80	23.30	33.60	9.10	23.80	24.30	34.10	9.10	23.80	24.30	34.10	9.10	23.80	24.30	34.10		
36	24.00	8.05	20.20	20.70	31.30	8.35	21.20	21.70	32.00	8.65	22.20	22.70	32.70	8.95	23.20	23.70	34.50	9.25	24.20	24.70	34.95	9.25	24.20	24.70	34.95	9.25	24.20	24.70	34.95		
37	24.70	8.20	20.60	21.10	32.10	8.50	21.60	22.10	32.80	8.80	22.60	23.10	33.50	9.10	23.60	24.10	35.30	9.40	24.60	25.10	35.80	9.40	24.60	25.10	35.80	9.40	24.60	25.10	35.80		
38	25.35	8.35	21.00	21.50	32.90	8.65	22.00	22.50	33.60	8.95	23.00	23.50	34.30	9.25	24.00	24.50	36.20	9.55	25.00	25.50	36.65	9.55	25.00	25.50	36.65	9.55	25.00	25.50	36.65		
39	26.00	8.50	21.40	21.90	33.70	8.80	22.40	22.90	34.40	9.10	23.40	23.90	35.10	9.40	24.40	24.90	37.00	9.70	25.40	25.90	37.50	9.70	25.40	25.90	37.50	9.70	25.40	25.90	37.50		
40	26.70	8.65	21.85	22.35	34.50	8.95	22.85	23.35	35.20	9.25	23.85	24.35	35.90	9.55	24.85	25.35	37.90	9.85	25.85	26.35	38.35	9.85	25.85	26.35	38.35	9.85	25.85	26.35	38.35		
41	27.35	8.80	22.25	22.75	35.30	9.10	23.25	23.75	36.00	9.40	24.25	24.75	36.70	9.70	25.25	25.75	38.70	10.00	26.25	26.75	39.20	10.00	26.25	26.75	39.20	10.00	26.25	26.75	39.20		
42	28.00	8.95	22.70	23.20	36.10	9.25	23.70	24.20	36.80	9.55	24.70	25.20	37.50	9.85	25.70	26.20	39.60	10.15	26.70	27.20	40.05	10.15	26.70	27.20	40.05	10.15	26.70	27.20	40.05		
43	28.70	9.10	23.10	23.60	36.90	9.40	24.10	24.60	37.60	9.70	25.10	25.60	38.30	10.00	26.10	26.60	40.40	10.30	27.10	27.60	40.90	10.30	27.10	27.60	40.90	10.30	27.10	27.60	40.90		
44	29.30	9.25	23.50	24.00	37.70	9.55	24.50	25.00	38.40	9.85	25.50	26.00	39.10	10.15	26.50	27.00	41.30	10.45	27.50	28.00	41.75	10.45	27.50	28.00	41.75	10.45	27.50	28.00	41.75		
45	30.00	9.40	23.90	24.40	38.50	9.70	24.90	25.40	39.20	10.00	25.90	26.40	39.90	10.30	26.90	27.40	42.10	10.60	27.90	28.40	42.60	10.60	27.90	28.40	42.60	10.60	27.90	28.40	42.60		

Duna Orthotic Sisetable

These alphabetical codes are taken from the diagrams on the next page.

Size	Orthotic 8 "WAP"					Orthotic 9 "Wheel"					Orthotic 10 "Classic"					Orthotic 13				
	E Length	F Width	A C/Ffoot	B C/Mfoot	C C/Heel	E Length	F Width	A C/Ffoot	B C/Mfoot	C C/Heel	E Length	F Width	A C/Ffoot	B C/Mfoot	C C/Heel	E Length	F Width	A C/Ffoot	B C/Mfoot	C C/Heel
18											123	54	158	189	210	121	58.5	182	203	224
19											129.5	55	162	193	217	128	60	186	207.5	231.5
20	133	55.5	155	165	210	135	57.5	167	175	230	136	56.5	166	197	224	135	61.5	190	212.5	239
21	140	57	160	170	218	141.5	59	171.5	180	238	142.5	58	170	201	231	141.5	63	194	217	246.5
22	147	59	165	175	225	148	60.5	176.5	185	245	149	59.5	174	205	238	148	64.5	198	222	254
23	153	60.5	170	180	233	154.5	62	181	190	253	156	61	178	240	245	155	66	202	226.5	261.5
24	160	62	174.5	185	241	161	63.5	186	195	261	162.5	62.5	182	215	253	161.5	67.5	206	231.5	269
25	167	64	179	189	249	167.5	65.5	190.5	200	268	169	64	186	220	261	168	69	210	236	276.5
26	173	65.5	183.5	194	257	174	67	195	205	276	175.5	65.5	194	225	269	175	70.5	214	241	284
27	180	67	188	198	264	180.5	68.5	200	210	284	182	67	198	230	277	181.5	72	218	246	291.5
28	187	69	192.5	203	272	187	70	204.5	215	291	189	68.5	202	235	285	188	73.5	222	251	299
29	193	70.5	197	207	280	193.5	71.5	209	220	299	195.5	70	206.5	240	293	195	75	226	255	306.5
30	200	72	201.5	212	288	200	73.5	214	225	307	202	71.5	211	245	301	201.5	76.5	230	260	314
31	207	74	206	216	296	206.5	75	218.5	230	315	208.5	73	215.5	250.5	309	208	78	234	265	321.5
32	213	75.5	210.5	221	304	213.5	76.5	223.5	235	322	215	74.5	220	256	317	214.5	79.5	238	270	329
33	220	77	215	225	312	220.5	78	228	240	330	222	76	224.5	261.5	325	221	81	242	275	336.5
34	227	79	219.5	230	320	227	80	232.5	245	338	228.5	77.5	229	267	333	227.5	82.5	246.5	280	344
35	233	80.5	224	234	328	233.5	81.5	237.5	250	345	235	79	233.5	273	340	234	84	251	285	351.5
36	240	82	228.5	239	336	240	83	242	255	353	241.5	80.5	238.5	279	347	240.5	85.5	255.5	290	359
37	247	84	233	243	344	246.5	84.5	246.5	260	361	248	82	243.5	285	354	247	87	260	295	366.5
38	253	85.5	237.5	248	352	253	86	251.5	265	368	255	84	248.5	291	361	254	88.5	264.5	300	374
39	260	87	242	253	360	259.5	88	256	270	376	261.5	86.5	253.5	297	370	260.5	90	269	305	381.5
40	267	88.5	246.5	258	368	266	89.5	261	275	384	268	89	258.5	303	379	267	91.5	273.5	310	389
41	273	90.5	251	263	376	273	91	265.5	280	392	274.5	91.5	263.5	309	388	274	93	278	315	396.5
42	280	92	255.5	268	385	280	92.5	270	285	399	281	93	268.5	315	395	280.5	94.5	282.5	320	404
43	287	93.5	260	273	393	286.5	94	275	290	407	288	94.5	273.5	321	402	287	96	287	325	411.5
44	293	95.5	264.5	278	401	293	96	279.5	295	415	294.5	96	279	327.5	409	294	97.5	291.5	330	419
45	300	97	269	283	409	299.5	97.5	284	300	423	301	97.5	284.5	334	416					
46	307	98.5	273.5	288	417	306	99	289	305	430	307.5	99	290	340.5	424					

SIZE	LENGTH	WIDTH	BALL GIRTH	INSTEP A	INSTEP B	HEEL	MALLEOLOUS	ANKLE GIRTH	TOE HEIGHT
	E	F	A			C		D	
20	133.6	63.5	168.0	177.8	172.2	215.0	165.0	133.5	20.5
21	140.3	65.0	172.5	182	177	223	172	139	21
22	147.0	66.5	177.0	187.0	181.8	231.0	179.0	144.5	21.6
23	153.6	68.0	181.5	192	186.6	239	186	150	22.1
24	160.3	69.5	186.0	197.0	191.4	247.0	193.0	155.5	22.7
25	167.0	71.0	190.5	202	196.2	255	200	161	23.2
26	173.7	72.5	195.0	207.0	201.0	263.0	207.0	166.5	23.8
27	180.3	74.0	200	212	205.8	271	214	172	24.3
28	187.0	75.5	204.0	217.0	210.6	279.0	221.0	177.5	24.9
29	193.7	77.0	208.5	222	215.4	287	228	183	25.4
30	200.3	78.5	213.0	227.0	220.2	295.0	235.0	188.5	26.0
31	207.0	80.0	217.47	232	225	303	242	194	26.5
32	213.7	81.5	222.0	237.0	229.8	311.0	249.0	199.5	27.1
33	220.3	83.0	226.5	242	234.6	319	256	205	27.6
34	227.0	84.5	231.0	247.0	239.4	327.0	263.0	210.5	28.2
35	233.7	86.0	235.5	252	244.2	335	270	216	28.7
36	240.4	87.5	240.0	257.0	249.0	343.0	277.0	221.5	29.3
37	247.0	89.0	244.5	262	253.8	351	284	227	29.8
38	253.7	90.5	249.0	267.0	258.6	359.0	291.0	232.5	30.4
39	260.4	92.0	253.5	272	263.4	367	298	238	30.9
40	267.0	93.5	258.0	275.0	268.2	375.0	305.0	243.5	31.5
41	273.7	95.0	262.5	282	273	383	312	249	32
42	280.4	96.5	267.0	287.0	277.8	391.0	319.0	254.5	32.6
43	287.0	98.0	271.5	292	282.6	399	326	260	33.1
44	293.7	99.5	276.0	297.0	287.4	407.0	333.0	265.5	33.7
45	300.4	101.0	280.5	302	292.2	415	340	271	34.2
46	307.1	102.5	285.0	307.0	297.0	423.0	347.0	276.5	34.8
47	313.7	104.0	289.5	312	301.8	430	354	282	35.3

These alphabetical codes are taken from the diagrams on the next page.

Size	Length	TN5			TN8			TN9			TN12			TN2			TN4			TN6			ST3		
		A C/Fft	C C/Heel	F Width	A C/Fft	C C/Heel	F Width	A C/Fft	C C/Heel	F Width	A C/Fft	C C/Heel	F Width	A C/Fft	C C/Heel	F Width	A C/Fft	C C/Heel	F Width	A C/Fft	C C/Heel	F Width			
	E																								
18	12.5	15.0	20.0	5.5	16.7	20.8	5.9	17.6	21.0	5.9	17.9	21.8	5.9												
19	13.1	15.5	20.8	5.6	17.2	21.5	6.0	18.0	21.8	6.0	18.4	22.5	6.0												
20	13.8	16.0	21.4	5.8	17.6	22.3	6.2	18.4	22.6	6.2	18.8	23.3	6.2												
21	14.4	16.5	22.0	6.0	18.0	23.0	6.4	18.8	23.3	6.4	19.2	24.0	6.4												
22	15.0	16.9	22.6	6.2	18.3	23.6	6.6	19.2	24.0	6.6	19.5	24.6	6.6												
23	15.7	17.3	23.4	6.3	18.7	24.3	6.7	19.5	24.7	6.7	19.9	25.3	6.7	16.9	22.0	6.2	17.7	22.6	6.4	18.5	23.0	6.4			
24	16.3	17.7	24.1	6.4	19.0	25.0	6.9	19.8	25.4	6.9	20.2	26.0	6.9	17.3	22.7	6.3	18.1	23.3	6.5	18.9	23.6	6.5			
25	17.0	18.1	24.9	6.6	19.4	25.7	7.1	20.2	26.1	7.1	20.6	26.7	7.1	17.6	23.3	6.5	18.4	23.9	6.7	19.2	24.1	6.7			
26	17.6	18.5	25.7	6.7	19.8	26.4	7.2	20.6	26.8	7.2	21.0	27.4	7.2	17.9	23.9	6.6	18.7	24.5	6.8	19.5	24.7	6.8			
27	18.3	18.9	26.4	6.9	20.2	27.2	7.4	20.9	27.6	7.4	21.4	28.2	7.4	18.2	24.5	6.8	19.0	25.1	7.0	19.9	25.3	7.0			
28	19.0	19.3	27.1	7.1	20.7	28.1	7.6	21.2	28.4	7.6	21.9	29.1	7.6	18.5	25.2	7.0	19.5	25.8	7.2	20.3	26.0	7.2			
29	19.6	19.7	27.9	7.3	21.1	28.9	7.8	21.6	29.2	7.8	22.3	29.9	7.8	19.0	25.8	7.2	20.0	26.4	7.4	20.7	26.8	7.4			
30	20.2	20.1	28.6	7.4	21.6	29.7	7.9	22.1	30.0	7.9	22.8	30.7	7.9	19.4	26.7	7.3	20.4	27.0	7.5	21.2	27.4	7.5			
31	20.8	20.6	29.2	7.6	22.1	30.6	8.1	22.6	30.8	8.1	23.3	31.6	8.1	19.9	27.1	7.5	20.9	27.6	7.7	21.7	28.0	7.7			
32	21.5	21.2	29.6	7.8	22.6	31.6	8.3	23.1	31.7	8.3	23.8	32.6	8.3	20.4	27.9	7.7	21.4	28.4	7.9	22.1	28.8	7.9			
33	22.1	21.8	30.6	7.9	23.2	32.5	8.4	23.6	32.6	8.4	24.4	33.5	8.4	21.2	28.5	7.8	22.2	29.2	8.0	22.7	29.6	8.0			
34	22.8	22.4	31.4	8.1	23.6	33.4	8.6	24.1	33.5	8.6	24.8	34.4	8.6	21.6	29.3	8.0	22.6	30.0	8.2	23.2	30.4	8.2			
35	23.4	23.0	32.2	8.3	24.0	34.1	8.8	24.6	34.4	8.8	25.2	35.1	8.8	22.0	30.0	8.2	23.0	30.8	8.4	23.6	31.2	8.4			
36	24.1	23.5	33.0	8.5	24.5	34.9	9.0	25.1	35.2	9.0	25.7	35.9	9.0	22.5	30.8	8.4	23.5	31.6	8.6	24.1	32.0	8.6			
37	24.7	24.0	34.0	8.7	25.0	35.7	9.2	25.4	36.0	9.2	26.2	36.7	9.2	23.0	31.6	8.6	24.0	32.4	8.8	24.6	32.9	8.8			
38	25.3	24.5	34.9	8.9	25.5	36.5	9.4	25.9	36.8	9.4	26.7	37.5	9.4	23.7	32.4	8.8	24.7	33.2	9.0	25.1	33.7	9.0			
39	26.0	24.9	35.8	9.1	26.0	37.2	9.6	26.3	37.5	9.6	27.2	38.2	9.6	24.2	33.2	9.0	25.2	34.0	9.5	25.7	34.5	9.5			
40	26.6	25.3	36.6	9.3	26.5	38.0	9.7	26.8	38.3	9.7	27.7	39.0	9.7	24.8	34.0	9.2	25.8	34.8	9.4	26.3	35.3	9.4			
41	27.3	25.7	37.4	9.5	27.0	38.7	9.9	27.2	39.0	9.9	28.2	39.7	9.9	25.3	34.8	9.4	26.3	35.6	9.6	26.7	36.1	9.6			
42	28.0	26.2	38.2	9.7	27.4	39.5	10.1	27.6	39.7	10.1	28.6	40.5	10.1	25.8	35.6	9.6	26.8	36.4	9.8	27.2	37.0	9.8			
43	28.6	26.7	38.9	9.9	27.8	40.0	10.3	28.2	40.4	10.3	29.0	41.0	10.3	26.5	36.5	9.8	27.3	37.2	10.1						
44	29.3	27.1	39.6	10.1	28.3	40.5	10.5	28.7	41.0	10.5	29.5	41.5	10.5	27.1	37.4	10.0	27.8	38.0	10.3						
45	29.9	27.5	40.3	10.3	28.7	41.0	10.6	29.5	41.5	10.6	29.9	42.0	10.6	27.5	38.3	10.2	28.3	38.8	10.5						
46	30.6	27.9	41.0	10.5	29.1	41.5	10.8	30.2	42.1	10.8	30.3	42.5	10.8	27.9	39.2	10.4	28.8	39.6	10.7						
47	31.4	28.3	41.7	10.7	29.5	42.0	11.0	31.0	42.7	11.0	30.7	43.0	11.0	28.3	40.1	10.6	29.3	40.4	10.9						
48	Call	28.7	42.2	10.9	29.9	42.5	11.1	31.0	43.1	11.1	31.1	45.5	11.1												
49	Call	29.1	42.7	11.1	30.3	43.0	11.3	31.3	43.7	11.3	31.5	44.0	11.3												
50	Call	29.5	43.2	11.3	30.7	43.5	11.4	31.6	44.2	11.4	31.9	44.5	11.4												

Sizing chart for ready made footwear

Use this chart to determine sizing based on Diagram A

Brand	Size	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aurelka ³	cm	10.2	10.9	11.6	12.3	12.8	13.7	14.3	15.0	15.5	16.3	16.9	17.5	18.2	19.0	19.6	20.2	21.0
Medica	cm						13.5	14.1	14.9	15.4	16.1	16.9	17.5	18.0	18.6	19.3	19.8	20.5
Medica AV						13.0	13.5	14.1	14.8	15.5	16.1	17.0	17.7	18.2	19.0	19.5	20.0	21.0
Memo ¹	cm				12.0	12.7	13.3	14.0	14.7	15.3	16.0	16.7	17.3	18.0	18.7	19.3	20.0	20.7
Chaneco ^{3 4}	cm					12.7	13.5	14.4	14.8	15.2	16.1	16.5	17.4	17.8	18.6	19.1	19.9	20.3
Duna Sport	cm				12.0	12.6	13.3	13.9	14.6	15.2	15.9	16.5	17.2	17.8	18.5	19.1	19.8	20.4
Duna Orthotic "WAP" ³	cm						13.3	14.0	14.7	15.3	16.0	16.7	17.3	18.0	18.7	19.3	20.0	20.7
NIMCO ³	cm		10.7	11.4	12.0	12.7	13.4	14.0	14.7	15.4	16.0	16.7	17.4	18.0	18.7	19.4	20.0	20.7
Schein ^{3 4}	cm				12.5	13.1	13.8	14.4	15.0	15.7	16.3	17.0	17.6	18.3	19.0	19.6	20.2	20.8
Piedro ²	cm				12.0	12.7	13.3	14.0	14.7	15.3	16.0	16.7	17.3	18.0	18.7	19.3	20.0	20.7

Brand	Size	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
Aurelka ³	cm	21.7	22.2	23.0	23.4	24.2	24.8	25.5	26.2	26.9	27.5	28.4	28.8				
Medica	cm	21.1	21.6	22.3	23.2	23.7	24.7	25.3	26.0	26.7							
Medica AV		21.5															
Memo ¹	cm	21.3	22.0	22.7	23.3	24.0	24.7	25.3	26.0	26.7							
Chaneco ^{3 4}	cm	21.2	22.0	22.4	23.3	23.7	24.6	25.4	25.8	26.7	27.1	27.9	28.8	29.2			
Duna Sport	cm	21.1	21.7	22.4	23.0	23.7	24.3	25.0	25.6	26.3	26.9	27.6	28.2	28.9	29.5	30.2	
Duna Orthotic "WAP" ³	cm	21.3	22.0	22.7	23.3	24.0	24.7	25.3	26.0	26.7	27.3	28.0	28.7	29.3	30.0	30.7	
NIMCO ³	cm	21.4	22.0	22.7	23.4	24.0	24.7	25.4	26.0	26.7	27.4	28.0	28.7	29.3	30.0		
Schein ³	cm	21.5	22.1	22.8	23.4	24.1	24.7	25.3	26.0	26.6	27.3	28.0	28.6	29.3	29.9	30.6	31.4
Piedro ²	cm	21.3	22.0	22.7	23.3	24.0	24.7	25.3	26.0	26.7	27.3	28.0	28.7	29.3	30.0	30.7	

¹ **Note:** Memo models Chicago, New York, Nodi, Bella and Alvin have different sizing. See the size on each product's size drop down.

² **Note:** Piedro sizing is included for comparison only as we do not sell Piedro.

³ **Note:** These brands are available in multiple widths. See their size charts for actual measurements