

SHOE SIZE CONVERSION CHART

POL ORTHOTICS ARE AVAILABLE FROM 220MM TO 310MM

The most accurate way to determine your POL orthotic size is to measure the length of your shoe insole in millimeters, then order the size closest to your measurement. For example, if your current shoes insole length is 268mm; your closet POL will be 270mm.

If your current shoe's insole length is 272mm, your closet POL size will be 270mm.

You may also just order the POL size to match your athletic shoe size. If the POL orthotics are too long for your shoe, you can easily trim them to the correct size.

US Men's Shoe	US Women's Shoe	US Child's Shoe	UK Size	EU Size	Custom-Fit Size (In Millimeters)
	3		5	34.5	220
	3.5	2	5.5	36	220
	4	2.5	6	35.5	230
3	4.5	3	2.5	34.5	230
3.5	5	3.5	3	37	230
4	5.5	4	3.5	35.5	240
4.5	6	4.5	4	38	240
5	6.5	5	4.5	37	240
5.5	7	5.5	5	39.5	250
6	7.5	6	5.5	38	250
6.5	8	6.5	6	40.5	260
7	8.5	7	6.5	39.5	260
7.5	9		7	42	270
8	9.5		7.5	40.5	270
8.5	10		8	43	270
9	10.5		8.5	41.5	280
9.5	11		9	44.5	280
10	11.5		9.5	43.5	290
10.5	12		10	45.5	290
11	12.5		10.5	44.5	300
11.5	13		11	47	300
12	13.5		11.5	46	310
12.5	14		12	48.5	310
13	14.5		12.5	47	310
13.5	15		13	49.5	
14	15.5		13.5	48.5	
14.5	16		14	49	
15	16.5		14.5	49.5	
N/A	N/A		N/A	N/A	