

### **Measure and Trim Chart.**

How to use it.

1. Place your foot on this chart to measure your shoe size.
2. Cut this chart according to your shoe size
3. After you cut this chart, place it in your shoe to ensure that it's the correct size.
4. Place the chart on the Air Orthrotic and trim to same size.
5. If you have removable insoles in your shoes, it's better to remove them first and then place the Air Orthrotics inside your shoes.

**Note:** Due to hygienic reasons, Orthrotics that are cut or used cannot be returned for refund.

### **Measure and Trim Chart**

How to Size DR-HO'S Air Orthotics using the Measure & Trim Chart

1. Place your foot on the Measure & Trim chart to measure your shoe size.
2. Cut out your shoe size from the chart.
3. Place the cut-out into your shoe to ensure it is the correct size. If the cut-out is the correct size, proceed to step 4. If it is not the correct size, re-measure your foot to ensure it is the correct shoe size.
4. Remove the cut-out from your shoe, and align the heel of the cut-out to the heel of the Air Orthotic. Trim the Air Orthotic to be the same size as the cut-out.
5. If you have removable insoles in your shoes, it is recommended you remove them prior to placing the Air Orthotics inside your shoes.

**Note:** Due to hygienic reasons, Air Orthotics that are trimmed or used cannot be returned for refund.