

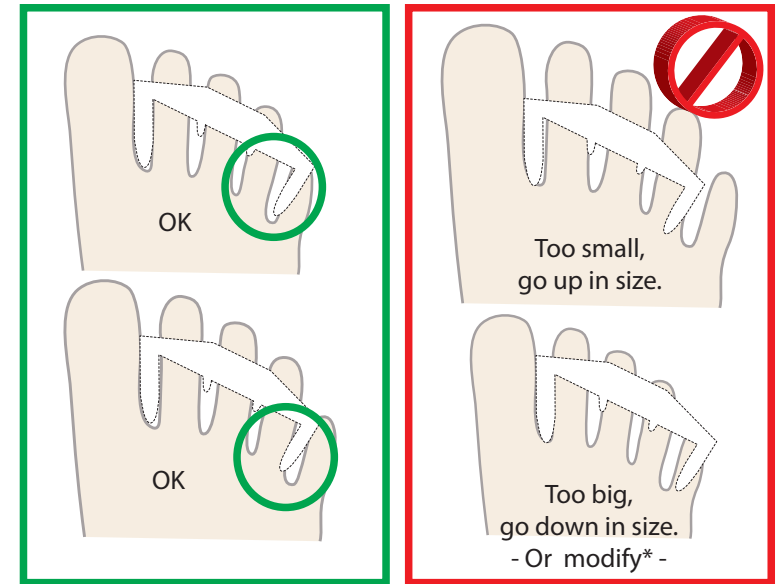
Correct Toes adapt to many foot shapes, and may be modified\* to accommodate many more. **Estimate your size by following the steps below.**

- 1 Cut out template(s) along the dotted black line.
- 2 Position (A) at the webbing between your big toe and 2nd toe of your **right** foot.
- 3 Keep (A) in place, while you check the alignment of (B) with the webbing between your 4th toe and pinky toe. Compare to the examples

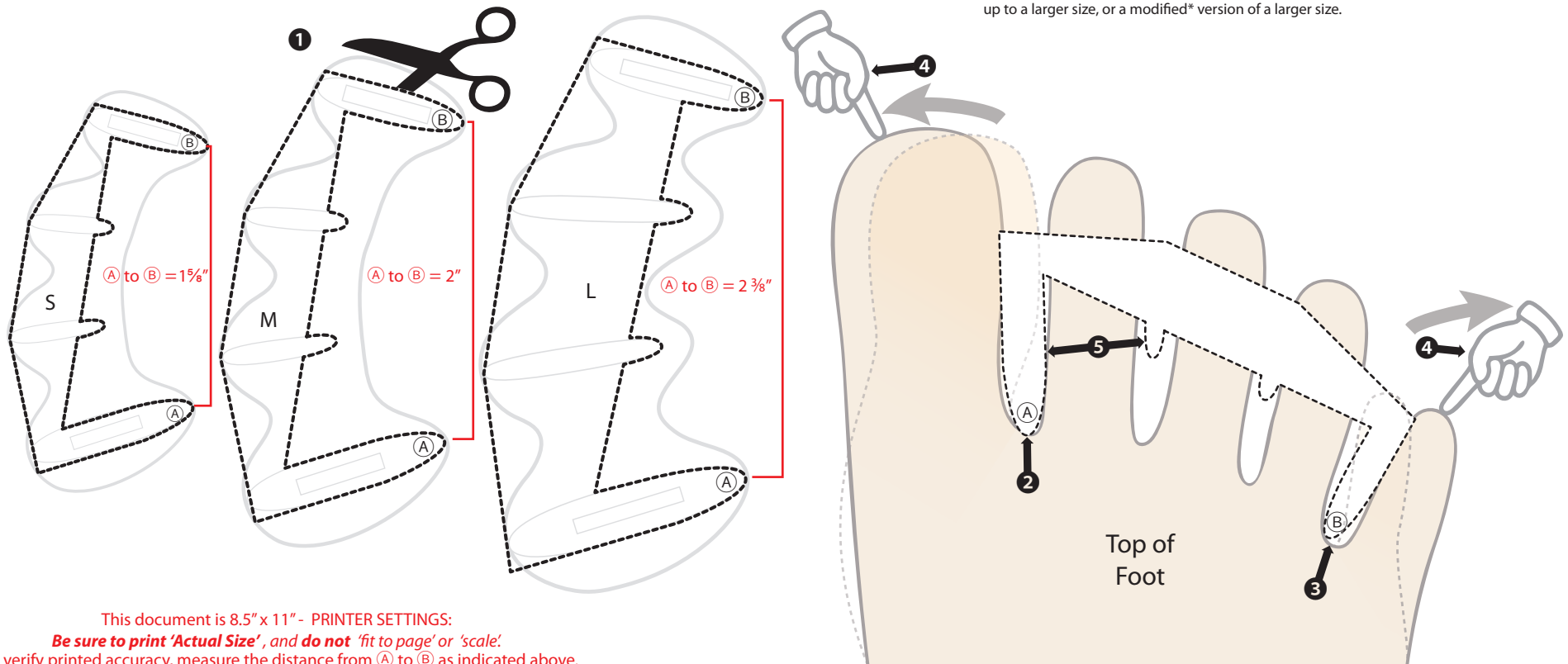
-Steps 1 - 3 are sufficient for most people, if you still have questions continue to steps 4 - 5.

- 4 Spread big toe and pinky toe outward, aligned to the spacer template, as if the spacer is actually between your toes. How does the stretch feel?
  - Correct Toes flex, and won't spread toes quite as far as you pull them in this step.
  - If the stretch hurts, try a smaller size or consider modification\*.
- 5 Check toe width and girth - do your middle 3 toes fit between the spacer indicators?
  - Correct Toes should *not* squeeze tightly, or strangulate toes.
  - Flip the cutout over to check your left foot, if desired.**

\*Watch a demonstration of this process, and the modification video on our Youtube channel: <http://www.youtube.com/correcttoes>



On the sizing cusp? Start with the smaller size, and as you desire more spread, add shims as described in the modification video\*. You may eventually work up to a larger size, or a modified\* version of a larger size.



This document is 8.5" x 11" - **PRINTER SETTINGS:**  
**Be sure to print 'Actual Size', and do not 'fit to page' or 'scale'.**  
 To verify printed accuracy, measure the distance from (A) to (B) as indicated above.