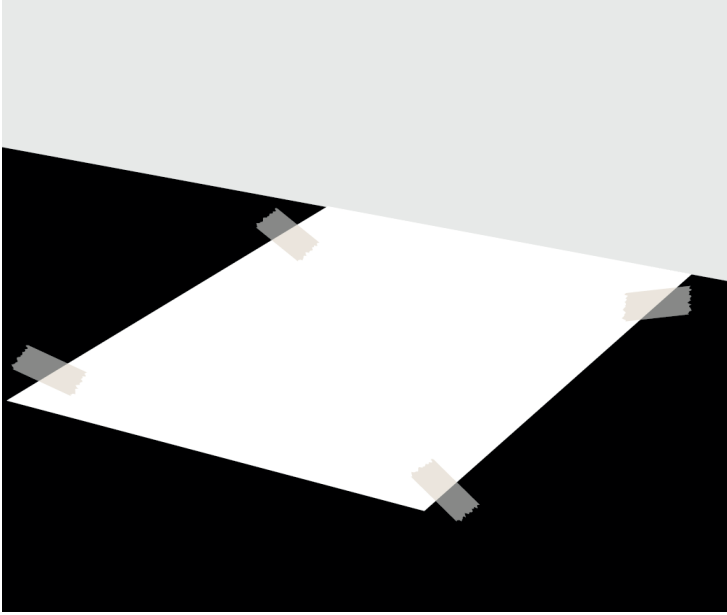


# Fracap®

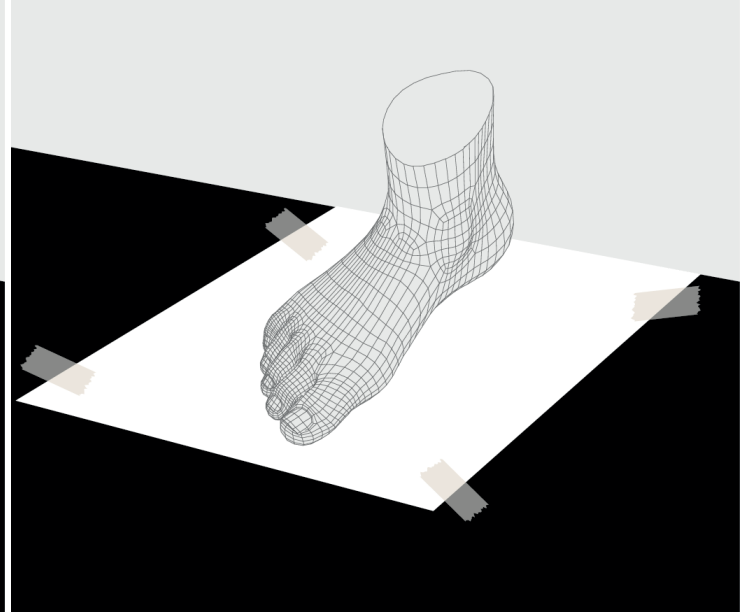
## HOW TO MEASURE YOUR FEET

Follow the instructions and find the length  
of your longer foot in cm.



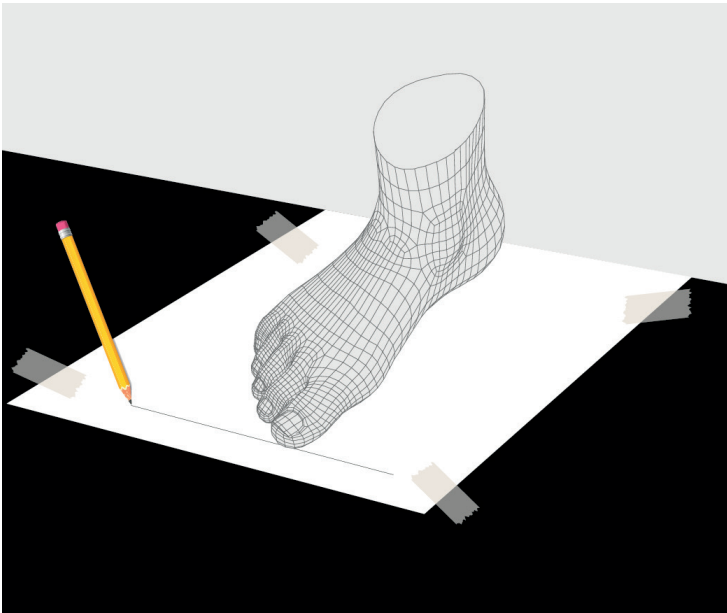
**01**

Tape a piece of paper to the floor and align its shorter side to the wall.



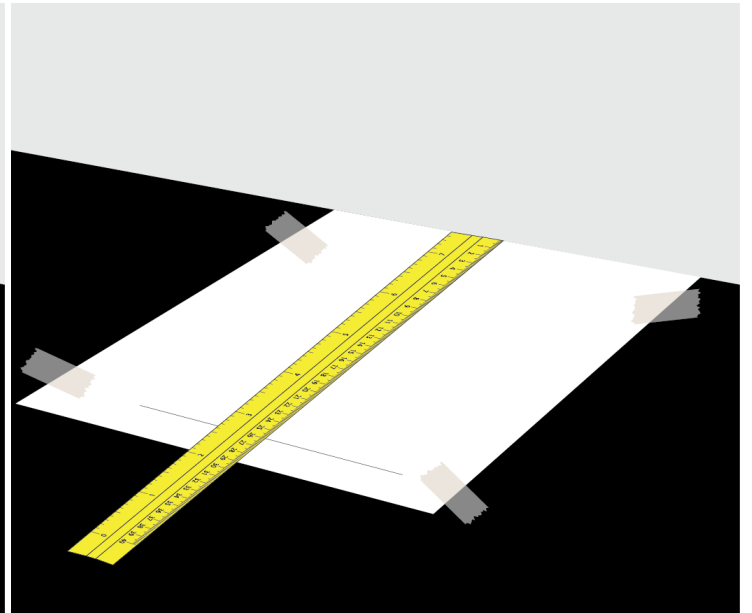
**02**

Stand up straight and put your heel of your longer foot against the wall like in the picture.



**03**

Let someone sign the longest part of your foot (consider the longest toe you have) on the paper with a pen or pencil. You can measure yourself if necessary.



**04**

Use a ruler to measure the heel-to-toe length you marked.

### PAY ATTENTION!

We need the measure of your longer foot.  
So if you don't know which one of your feet is the longest  
use this tool to find out.

Grazie!