

Ruler Method

The "Ruler" Method

Step 1

Get the pair of shoes you will most likely be wearing while using Tidy Trax.

Step 2

Using a ruler, measure the length of the bottom (sole) of the shoe from heel to toe.

Step 3

Take the length measurement you have for your shoe...

-Compare it to the size chart...

-Look to see what Tidy Trax size letter best matches your shoe length measurement.

Example 1:

If your shoe measures $11\frac{3}{4}$ inches in length...

Your Tidy Trax size would be **G**

What if... your shoe length measurement falls exactly on the line between 2 Tidy Trax sizes?

Example: your measurement is: $11\frac{1}{2}$ inches.

That could be either a size **F** or size **G**

In a situation like this, we recommend that you choose the larger of the two sizes.

Tidy Trax should go on fairly easy and fit snug.

CAUTION: Loose fitting Tidy Trax could increase your risk of injury.



Size Chart

Tidy Trax Size	Shoe Length Unit of Measure	
	Inches	Centimeters
M	13 ³ / ₄	34.9 cm
L	13 ³ / ₈	33.9 cm
K	13	33.0 cm
J	12 ⁵ / ₈	32.1 cm
H	12 ¹ / ₄	31.1 cm
G	11 ⁷ / ₈	30.2 cm
F	11 ¹ / ₂	29.2 cm
E	11 ¹ / ₈	28.3 cm
D	10 ³ / ₄	27.4 cm
	10 ³ / ₈	26.5 cm

Tidy Trax are available in sizes: D, E, F, G, H, J, K, L, M