movinea

Printable tape measure · 1 metre

for ball, instep, ankle and calf girth as well as foot width

1. Print at "Actual size" or 100 %, ideally on thicker paper. Check: 10 cm on the tape = 10 cm with a real ruler.
2. Cut out the four strips. Glue strip 2 with its grey tab under the end of strip 1, and the same for 3 and 4.
3. Girth: place the tape loosely but without a gap around the foot, standing. Ball girth over the widest point of the ball, instep girth over the highest point of the top of the foot. With an orthosis: measure over the orthosis.







