



**American Academy of Podiatric
Sports Medicine**

**SHOE SIZE VS SOCK SIZE
(approximate shoe size)**

☐ **PURPOSE OF ATHLETIC SOCKS**

Protect foot from impact and friction.
Protect the foot from shoe pressure.
Promote healthy skin of the feet.

☐ **TYPES OF FIBERS USED IN ATHLETIC SOCKS**

Natural Fibers:

Cotton- soft, absorbent, limited use in sports due to poor performance.

Wool- good for warmth and intermediate moisture output.

Silk- excellent for thermal insulation.

Man Made Fibers:

Acrylic- excellent all-around fiber for sports.

Polyester- good wicking properties to keep feet dry.

Polypropylene- good for medium to high moisture output.

Nylon- used as a reinforcement fiber.

☐ **TYPES OF CONSTRUCTION USED
IN ATHLETIC SOCKS**

Thin-flat knit – used as a liner or in lightweight socks.

Thick-terry-knit – best construction for padding and protection.

Double-layer – excellent for blister prevention.

☐ **STYLES OF SOCKS**

Crew- standard sock design, ends at bottom of calf.

Mini-crew — lower cut for lightweight performance. -Popular in running.

Roll-top- lowest cut in shoe line – popular in golf.

Over-the-calf – used in sport specific socks – (i.e. ski, soccer, baseball).

Slouch- leg warmer sock – popular in dance and aerobics.

☐ **FITTING RECOMMENDATIONS**

1. Shoes and socks should be fitted together.
2. Measure your foot wearing your athletic sock.
3. Thicker, padded socks require ½ to one full size increase.
4. Avoid tube socks which fail to conform to the foot.
5. Sock sizes are not the same as shoe sizes – use conversation chart on reverse side of bookmark or chart provided by retailer.

**CONTACTING THE AMERICAN ACADEMY OF
PODIATRIC SPORTS MEDICINE:**

Web Address: www.aapasm.org

E-Mail Address: info@aapasm.org

Toll Free Phone: (888) 854-FEET

Address: P.O. Box 723, Rockville, MD 20848-0723

**CHILDREN
SHOE SIZE**

Baby
00
0 – 1
1 ½ - 2
3 – 4
4 ½ - 5
6 – 7
7 ½ - 8 ½
9 – 10
10 ½ - 11 ½
12 – 13
13 ½ - 1 ½
2 – 3

SOCK SIZE

3.0
3.5
4.0
4.5
5.0
5.5
6.0
6.5
7.0
7.5
8.0
8.5
9.0

**MEN AND BOYS
SHOE SIZE**

1
1 ½ - 2 ½
3 – 4
4 ½ - 5 ½
6 – 6 ½
7 – 8
8 ½ - 9
9 ½ - 10
10 ½ - 11
11 ½
12 – 12 ½
13 – 14
14 ½ - 16
16 ½ - 18

SOCK SIZE

8.0
8.5
9.0
9.5
10.0
10.5
11.0
11.5
12.0
12.5
13.0
14.0
15.0
16.0

**LADIES
SHOE SIZE**

2 ½ - 3 ½
4 - 5
5 ½ - 6 ½
6 ½ - 7 ½
8 – 9
9 ½ - 10 ½
10 ½ - 11 ½
11 ½ - 12
12 ½ - 13

SOCK SIZE

8.5
9.0
9.5
10.0
10.5
11.0
11.5
12.0
12.5



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3 – 4
4 ½ - 5
6 – 7
7 ½ - 8 ½
9 – 10
10 ½ - 11 ½
12 – 13
13 ½ - 1 ½
2 – 3

SOCK SIZE

3.0
3.5
4.0
4.5
5.0
5.5
6.0
6.5
7.0
7.5
8.0
8.5
9.0

**MEN AND BOYS
SHOE SIZE**

1
1 ½ - 2 ½
3 – 4
4 ½ - 5 ½
6 – 6 ½
7 – 8
8 ½ - 9
9 ½ - 10
10 ½ - 11
11 ½
12 – 12 ½
13 – 14
14 ½ - 16
16 ½ - 18

SOCK SIZE

8.0
8.5
9.0
9.5
10.0
10.5
11.0
11.5
12.0
12.5
13.0
14.0
15.0
16.0

**LADIES
SHOE SIZE**

2 ½ - 3 ½
4 - 5
5 ½ - 6 ½
6 ½ - 7 ½
8 – 9
9 ½ - 10 ½
10 ½ - 11 ½
11 ½ - 12
12 ½ - 13

SOCK SIZE

8.5
9.0
9.5
10.0
10.5
11.0
11.5
12.0
12.5



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LACING TECHNIQUES

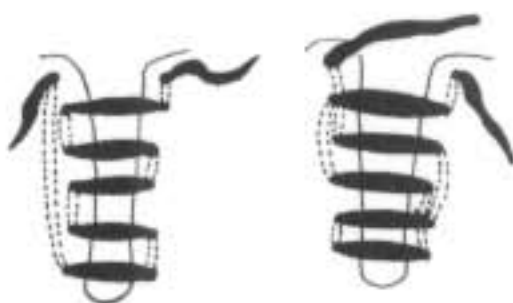
Conventional Techniques



Diagonal or Chevron

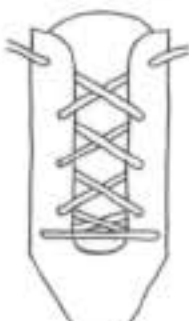


Parallel



Additional Parallel Techniques

Basic Techniques



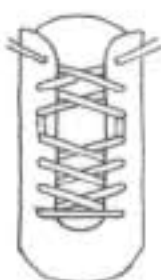
**Wide
(For Wide Feet)**



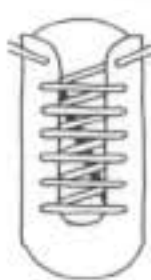
**Narrow
(For Narrow Feet)**



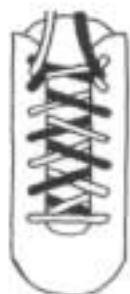
**Double Vamp
(Lessens Forefoot
Constriction)**



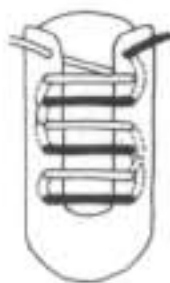
**Skip Pattern
(Lessens Instep
"Pressure Points")**



**Forefoot Lace
(Lessens Pressure on
Great Toe)**

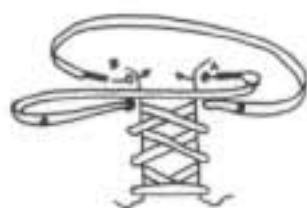


**Heel Fit
(Enhances Heel Fit)**



**High Arch
(Minimizes Pressure on Instep)**

Special Techniques



**Oxford
(Prevents Loosening
of Laces)**



**Double Knot
(Prevents Laces from Untying)**

GENERAL GUIDELINES FOR ATHLETIC SHOE PURCHASE

1. Determine type of athletic shoes you plan to buy (running, tennis, soccer, etc.) As a rule, if you plan to participate in a specific sport activity three or more times per week, it is probably wise to purchase a shoe specific to the sport.
2. Locate a reputable shoe store that offers a variety of sports specific shoes and staff that are knowledgeable, helpful and willing to spend time with you to assure an appropriate shoe purchase. Check store's return policy before your shoe purchase.
3. Before going to the store, obtain or determine the following information which will help the salesperson find the appropriate shoe for you: a) injury history; b) old shoes (check wear pattern); c) weight; and d) foot type/shape.
4. Consider the following points to assure proper foot measurement: a) visit shoe store after a workout; b) have shoes fit with socks you intend to wear; c) bring any shoe inserts and put them into shoes; d) use Brannock device for measuring both feet with socks on – both sitting and standing; e) three measurements should be taken: heel-to-toe, heel-to-ball, and width; f) measurements should only be used as a guide!
5. Consider the following points to test for proper shoe fit: a) allow 3/8 to 1/2 between longest toe and end of toe box which should have ample height and width to accommodate toes; b) ball of foot should match widest part of shoe with "bend" of toes matching toe break of shoe; c) assure adequate space across ball of foot by dragging your thumb across vamp (front part) of shoe; d) heel fit should be snug; e) match your arch without construction or discomfort; f) wear test shoes in store to assure fit and balanced, comfortable gait.
6. Thoroughly inspect the inside and outside of shoe for defects and blemishes. Place shoe on firm, flat surface and make sure heel is straight and shoe is stable.
7. Periodically check shoes for excess wear. A new pair of shoes should be considered if: 1) outsole is worn to level of midsole; 2) heel counter is tilted excessively either in (everted) or out (inverted); 3) forefoot upper is "falling off" (overlapping) inner or outer aspect of the outsole; or 4) persistent injuries possibly due to inadequate midsole cushioning.

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