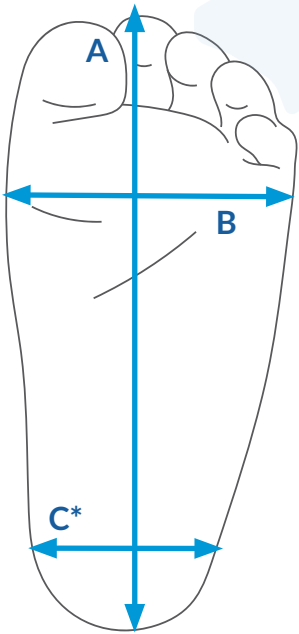


# OPS SIZING CHART



LENGTH AND WIDTH MEASUREMENT LOCATIONS

\*Ensure heel is fully encompassed into the heel pocket- size most dependent on heel measurement

AFO Size	(A) Foot Length (cm)	(B) Foot Width (cm)	(C) Heel Width (cm)
P6-0*	5.5 to 6.5	2.5 to 4.0	2.1
P5-0*	5.8 to 6.9	3.0 to 4.5	2.6
0000	6.0 to 7.3	3.0 to 4.8	2.7
000	6.3 to 7.8	3.0 to 5.5	2.8
00	6.8 to 8.3	3.0 to 5.5	2.9
0	7.5 to 9.0	3.0 to 6.0	3
1	8.0 to 9.5	3.0 to 6.0	3.1
2	9.0 to 10.5	3.5 to 6.0	3.2
3	10.0 to 11.5	3.8 to 6.5	3.3
4	11.0 to 12.5	4.5 to 7.0	3.4
5	12.0 to 13.5	4.8 to 7.0	3.5
6	13.0 to 14.5	5.0 to 7.5	3.6
7	14.0 to 15.5	5.5 to 8.0	3.7
8	15.0 to 16.5	6.7 to 8.2	3.8
9	16.0 to 17.5	7.0 to 8.5	3.9
10	17.0 to 18.5	7.4 to 8.9	4
11	18.0 to 19.5	7.7 to 9.2	4.1
12	19.0 to 20.5	8.0 to 9.5	4.2

When sizing, we recommend leaving 0.5-1.0 cm room for growth; i.e. a foot length of 9.0 cm would be size 1.

\*Size P6-0 or P5-0 AFOs are permanently attached to a Premie Bar, which is pre-set to 10° dorsiflexion and 60° abduction. The bar adjusts in width from 15.0-20.0 cm, in 1 cm increments. Upon request, the premie bar can be shortened as small as 10 cm.

## PONSETI® PLUS BAR

Bar Size	Min. Width	Max. Width
Short	15.25cm / 6 in	21.0 cm / 8.25 in
Medium	19.0 cm / 7.7 in	30.0 cm / 11.8in
Long	23.5cm / 9.25in	37.4cm / 14.72in

## MOVE BAR

Bar Size	Min. Width	Max. Width
Short	19.2cm / 7.5in	22.5cm / 8.8in
Medium	22.4cm / 8.8in	28.0cm / 11in
Long	27.0cm / 10.6in	37.0cm / 14.5in

## DOBBS BAR

Bar Size (SDCBMD)	Min. Width	Max. Width
Short	15.0cm / 6in	23.0cm / 9in
Regular	23.0cm / 9in	35.5cm / 14cm

## PONSETI® PLUS FIXED

Width (cm)	Angle
12	10°
12	15°
13	10°
13	15°
14	10°
14	15°

## PONSETI® ABDUCTION BAR

Bar Size	Min. Width	Max. Width
Extra Short	17.8cm / 7in	25.4cm / 10in
Short	20.3cm / 8in	30.5cm / 12in
Long	23.5cm / 9.25in	38.1cm / 15in

For more information, email:  
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 or call  
**877-766-7384**