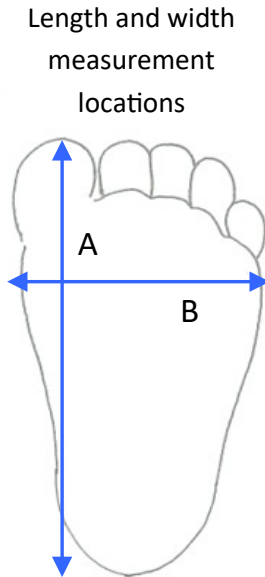


## MD Orthopaedics Sizing Chart

Mitchell Ponseti® AFO Size	(A) Foot Length (cm)	(B) Foot Width (cm)
P6-0 *	5.5 to 6.5	2.5 to 4.0
P5-0 *	5.8 to 6.9	3.0 to 4.5
0000	6.0 to 7.3	3.3 to 4.8
000	6.3 to 7.8	3.0 to 5.5
00	6.8 to 8.3	3.0 to 5.5
0	7.5 to 9.0	3.0 to 6.0
1	8.0 to 9.5	3.5 to 6.0
2	9.0 to 10.5	3.8 to 6.5
3	10.0 to 11.5	4.5 to 7.0
4	11.0 to 12.5	4.7 to 7.0
5	12.0 to 13.5	4.8 to 7.0
6	13.0 to 14.5	5.0 to 7.5
7	14.0 to 15.5	5.5 to 8.0
8	15.0 to 16.5	6.7 to 8.2
9	16.0 to 17.5	7.0 to 8.5
10	17.0 to 18.5	7.4 to 8.9
11	18.0 to 19.5	7.7 to 9.2
12	19.0 to 20.5	8.0 to 9.5



Ponseti® Abduction Bar Size **	Minimum Width (cm)	Maximum Width (cm)
Extra Short ***	17.3	25.0
Short	20.0	30.0
Long	23.5	37.8

**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. Please email us for sizing assistance at [info@mdorthopaedics.com](mailto:info@mdorthopaedics.com).**

\*The Mitchell Ponseti® 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. The preemie bar can be cut down as small as 10 cm, upon request.

\*\*The Ponseti® Abduction Bars are available in 10 or 15° dorsiflexion.

\*\*\*The Ponseti® Abduction Bar, size Extra Short Bar can be cut down as small as 11 cm, upon request.