

Forefoot Measuring Device (FFMD)

Place this tool on the bottom of each foot to measure forefoot tilt and determine the number of Cleat Wedges needed. A Bike Fit Session is not complete without using this simple, yet effective tool. Stainless Steel construction. Measures 5-3/4" in length to 8-3/4" when extended. A Paul Swift designed product.

Part# 50001

Step 1.



1. Have cyclist kneel on a chair facing the back of the chair, with their feet hanging over the edge.

Step 2.



2. Place the FFMD on the bottom of each foot pushing the handle against the heel so the vertical portion is perfectly aligned to divide the heel in two equal halves.

Step 3.



3. With the Forefoot Device in place, position the top flat surface of the Device (1/2-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor end of the Device. Repeat this procedure three times for each foot, and average the numbers separately.

A FFMD is an included component of the Bicycle Fitting System.

4. You may try using the number of Cleat Wedges (between the shoe and cleat) or ITS Wedges (in the shoe) as per the chart below.

a. **VARUS** means that the ball of the foot (where we connect to the pedal) is canted or tilted up to the inside and the Wedges should be positioned with the thick portion towards the inside of the shoe.

b. **VALGUS** means that the ball of the foot is canted up to the outside and the Wedges should be positioned with the thick portion towards the outside of the shoe.

A maximum of 2 Cleat Wedges of tilt for valgus.

PLEASE NOTE: Specialized BG shoes already have some varus tilt & may require more or fewer Cleat Wedges. Use comfort & feel as your guide to what is best.

# of Degrees	Approx. # of Wedges	Approx # of ITS Wedges
0 - 2	0	0
3 - 7	1	1
6 - 12	Up to 2	consider combo w/ Cleat Wedges
12 - 20+	Up to 3	consider combo w/ Cleat Wedges