Wrist Brace Sizing Guide


Step 1. Place end of tape measure at the crease in your wrist and measure $4^{\prime \prime}$ up forearm then make a mark.


Step 2. At the 4" mark, measure the circumference around your forearm. This will be your "Forearm" measurement.


Step 3. At the widest part of your palm, measure your hand circumference. This will be your "Hand Circumference" measurement.

Step 4. Using the measurements found above, use the grid below to find the wrist device best suited for you.

|  | Hand Circumference |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & F \\ & 0 \end{aligned} \uparrow$ |  | 6.5" | 7" | 7.5" | 8" | 8.5" | 9" | 9.5" |
|  | 6.5" | S | S | S | S | M | L | L |
|  | $7{ }^{\prime \prime}$ | S | S | S | M | M | L | L |
| r | 7.5" | S | S | S | M | M | L | L |
| a | 8" | S | S | S | M | L | L | L |
| r | 8.5" | M | M | M | M | L | XL | XL |
| m | 9" | L | L | L | L | XL | XL | XL |
|  | 9.5" | L | L | L | L | XL | XL | XL |

Disclaimer: This guide is subject to personal preference and serves as a general guideline only.

