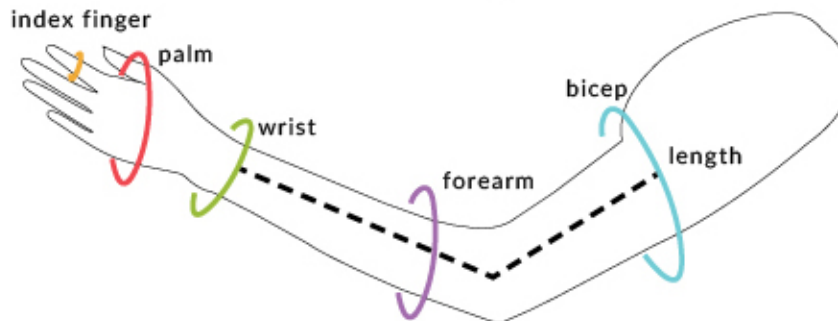


# Sizing



● Index Finger

S 4.4 – 6 cm  
M 5.5 – 7.5 cm  
L 6.6 – 9 cm

● Palm

S 15 – 18.7 cm  
M 19 – 21.9 cm  
L 22 – 26 cm

● Wrist

S 15 – 19 cm  
M 16.5 – 21.6 cm  
L 19 – 23.5 cm

● Forearm

S 17.8 – 23.2 cm  
M 23.5 – 28.7 cm  
L 28.9 – 34.3 cm

● Bicep

S 21.6 – 39.4 cm  
M 27 – 45 cm  
L 32.4 – 50.5 cm

○ Length

Short 37 – 43 cm  
Long 42 – 56 cm

**Index Finger** Measure the knuckle circumference.

**Palm** Measure the palm circumference, just below the knuckles.

**Wrist** Measure around the wrist, over the pisiform bone.

**Forearm** Measure the fullest part of the forearm.

**Bicep** Measure the fullest part halfway between the elbow and the axilla. If there is any extra skin here, gather it together as much as possible. You should hold the tape a bit tighter here so that all the skin is encircled evenly.

**Length** Measure the arm length from axilla to the wrist.

If your patient is in between sizes, please consult the Fitter's Aid app or call us for a sizing recommendation.