1. Find Your “Splint” Size

(A) Wrist Circumference: measure around wrist just below wrist bone.

(B) Dorsal Hand Width

(B) Hand Width: measure dorsal hand width just below knuckles of your pointer and pinky fingers (do not wrap tape down side of hand); use a straight ruler if possible.

2. Find Your “Glove” Size

(A) Hand Circumference: measure around the hand, just below the knuckles.

(B) 3rd Finger Length

(B) 3rd Finger Length: measure from the tip of the middle finger down to the edge of the palm.