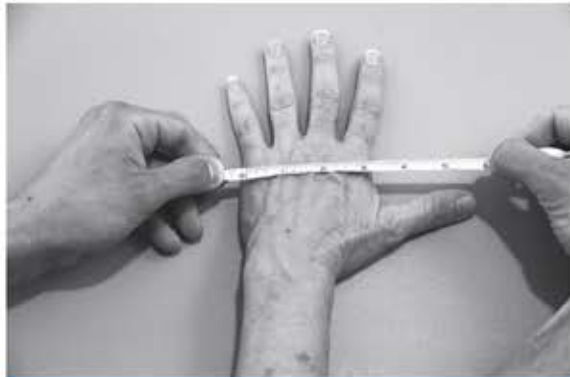


# 1. Find Your "Splint" Size

**(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.

**(A) WRIST CIRCUMFERENCE**

Wrist Splint Sizing Chart						
Wrist Circumference (inches)						
	4 - 4.5	4.5 - 5.5	5.5 - 6.5	6.5 - 7.5	7.8 - 8.5	> 8.5
Dorsal Hand Width (inches)	< 2.5	S	S	S		
2.5 - 3.0	S	S	M	M		
3.0 - 3.5	S	M	M	M	M	L
3.5 - 4.0			M	M	L	L
> 4.0				L	L	L

# 2. Find Your "Glove" Size

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



**(A) HAND CIRCUMFERENCE**



**(B) 3RD FINGER LENGTH**

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

Glove Liner Sizing Chart						
Hand Circumference (inches)						
	4.5 - 5.5	5.5 - 6.5	6.5 - 7.5	7.5 - 8.5	8.5 - 9.5	9.5 - 10.5
3rd Finger Length (inches)	6.0 - 6.5	XS	XS	XS		
6.5 - 7.0	XS	XS	XS	S		
7.0 - 7.5		S	S	S	M	
7.5 - 8.0			M	M	L	XL
> 8.0				L	XL	XL