

# Sensory Electrical Stimulation (SES) Accessory Kit: Find Your Size

To maximize comfort and fit, there are (2) measurements required. The two measurements will indicate the best possible size recommendation.



**(A) Measure Arm Circumference:** Wrap tape circumferentially around the middle portion of the biceps muscle. If you do not have measuring tape, use string and then measure the string with a ruler.

**(A) ARM CIRCUMFERENCE**

## ARM SIZE

**Small 6 - 10"**

**Medium 10 - 14"**

**Large 14 - 18"**

**X-Large 18 - 23"**



**(B) Measure Hand Circumference:** Wrap measuring tape circumferentially around the hand. If you do not have measuring tape, use string and then measure the string with a ruler.

**(B) HAND CIRCUMFERENCE**

## HAND SIZE

**Small 6 - 6.5"**

**Medium 6.5 - 8"**

**Large 8 - 9"**

**X-Large 9" or >**