

# Measuring Instructions

## *Standard UE (Upper Extremity)*

1. Place the arm extended and relaxed slightly with the palm down on a flat surface.
2. Measure point A circumference at wrist.
3. Measure point B circumference at elbow.
4. Measure point C at axilla.
5. Measure D length lateral from point A wrist to point C axilla.

Sizing Chart (cm)				Measurements		
	Small	Medium	Large	X-Large	R	L
<b>C</b>	23 - 32	28 - 37	33 - 43	38 - 49	_____	_____
<b>B</b>	20 - 27	24 - 30.5	28 - 35	32 - 39	_____	_____
<b>A</b>	14 - 16.5	15 - 18	16.5 - 19	18 - 20	_____	_____

**D** Order "Long" if length D > 49cm

### Hand/Glove Sizing Chart

Size	Palm (E)	Wrist (A)
Small	5 7/8" - 7 3/8" (15 - 18.9 cm)	5 3/8" - 7 5/8" (13.5 - 19.5 cm)
Medium	7 1/2" - 8 5/8" (19 - 22 cm)	6 1/8" - 8 1/5" (15.5 - 21.5 cm)
Large	8 3/4" - 10 1/4" (22.1 - 26 cm)	6 7/8" - 9 1/4" (17.5 - 23.5 cm)