

# Abdominal Binders Measurement Chart

	SM/MD	LG/XL
WAIST	23-45 IN 58.5-114.5 CM	45-62 IN 114.5-157.5 CM

(If you are between sizes, you may prefer the larger size)

## MEASURING INSTRUCTIONS:

Hold measuring tape against skin while measuring

Do not pull tape tightly against the skin

Do Not let measuring tape snag



← Measure Waist →

