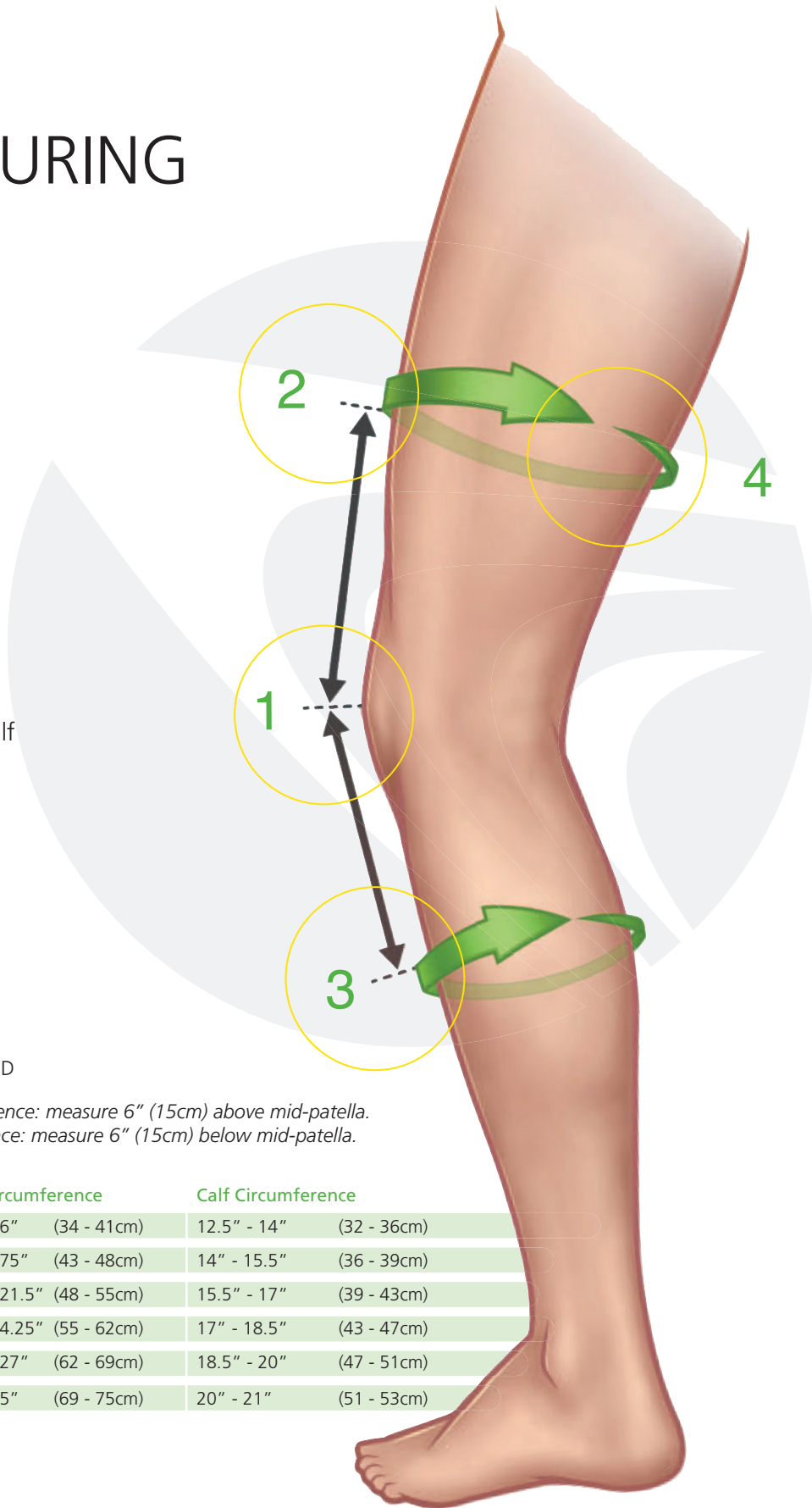


BRACE MEASURING GUIDE

- 1 Find the centre of the patella
- 2 Measure and mark 15cm **up** from the centre of the patella, marking the thigh
- 3 Measure 15cm **below** the centre of the patella, marking the calf
- 4 Measure the circumference at the marked points on the thigh and calf
- 5 Select your size.
Below is an example for the Z12[®] OA brace



Example: Z12[®] D

Thigh circumference: measure 6" (15cm) above mid-patella.

Calf circumference: measure 6" (15cm) below mid-patella.

Size	Thigh Circumference		Calf Circumference	
XS	13.5" - 16"	(34 - 41cm)	12.5" - 14"	(32 - 36cm)
S	16" - 18.75"	(43 - 48cm)	14" - 15.5"	(36 - 39cm)
M	18.75" - 21.5"	(48 - 55cm)	15.5" - 17"	(39 - 43cm)
L	21.5" - 24.25"	(55 - 62cm)	17" - 18.5"	(43 - 47cm)
XL	24.25" - 27"	(62 - 69cm)	18.5" - 20"	(47 - 51cm)
XXL	27" - 29.5"	(69 - 75cm)	20" - 21"	(51 - 53cm)

