

1. Find Your "Splint" Size

(A) Wrist Circumference: measure around wrist just below wrist bone.



(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.

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.



(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