

How to measure your ankle for an
AchilloTrain® Pro ankle support.



Measure the **circumference**
of your ankle at the
narrowest point.

Size	Circumference (inch)
1	6 ³ / ₄ -7 ¹ / ₂
2	7 ¹ / ₂ -8 ¹ / ₄
3	8 ¹ / ₄ -9
4	9-9 ³ / ₄
5	9 ³ / ₄ -10 ³ / ₄
6	10 ³ / ₄ -11 ¹ / ₂