

How to measure your ankle for an **AchilloTrain®** 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