

How to Measure

Waist Sizing Chart

Size	Waist
S	26 - 32" (66 - 81cm)
M	30 - 37" (76 - 94cm)
L	34 - 41" (86 - 104cm)
XL	38 - 47" (97 - 119cm)
2XL	44 - 54" (112 - 137cm)
3XL	50 - 62" (127 - 157cm)
4XL*	56 - 68" (142 - 173cm)

* 4XL only available in ST and TL **Height Sizing Chart**

Height	Anterior	Posterior
Short (SH)	5" (13 cm)	8" (20 cm)
Standard (ST)	6" (15 cm)	10" (25 cm)
Tall (TL)	7" (18 cm)	12" (30 cm)

** LumboLux ST also available with Hot/Cold Gel Pack upon request.