

## How to measure your ankle for a **MalleoTrain® S** ankle support.



Measure the circumference of the 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        |