

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



Measure the circumference of the ankle at the narrowest point.

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