

Waist Circumference Measurement

Size	Waist Circumference (inches)	Waist Circumference (cm)
XS	26–30	66–76
S	30–34	76–86
M	34–38	86–96
L	38–42	96–106
XL	42–46	106–116
2XL	46–50	116–127
3XL	50–54	127–137
4XL	54–58	137–147
5XL	58–62	147–157
6XL	62–66	157–167

Back Length Measurement

Brace Size	Back Length (cm)
Extra Small	37–44 cm
Small	44–51 cm
Medium	49–56 cm
Large	55–61 cm