

# HOW TO MEASURE FOR AND APPLY THE SINGLE HERNIA TRUSS

SIZE	MEASURE AROUND THE WIDEST PART OF THE HIPS
SMALL	30" - 32" (76.2 - 81.3 CM)
MEDIUM	34" - 36" (86.4 - 91.4 CM)
LARGE	38" - 40" (96.5 - 101.6 CM)
X-LARGE	42" - 44" (106.7 - 111.8 CM)
2X-LARGE	45" - 48" (114 - 121.9 CM)



## MEASURING INSTRUCTIONS

A. Measure around the widest part of the hips

## APPLICATION INSTRUCTIONS

1. Be sure the hernia is completely reduced before applying support. (Lay down to apply support if necessary.)
2. Position support pad over the hernia site and wrap the support belt around the hips.
3. Fasten support belt in front.
4. Adjust the degree of support by tightening the metal tooth buckle in front.
5. The support should fit snug but not uncomfortably tight.