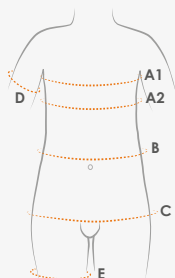


How to measure for compression garments and binders

- A. Chest: A1**, men: circumference chest.
- A2**, women: circumference under bust.
- B. Waist:** Measure around the thinnest part of the waist.
- C. Hip:** While feet together, measure circumference of the fullest part of the hip/thigh area.
- D. Upper arm (biceps):** Measure around the largest part of the upper arm.
- E. Thigh:** Measure the circumference at the middle of the thigh.



Knitted compression garments

Size	Waist (B)	Hip (C)	Under bust (A2)	Arm (D)	Thigh (E)
X Small	62-68 cm	86-91 cm	63-70 cm	22-25 cm	46-50 cm
Small	69-75 cm	92-97 cm	70-77 cm	25-28 cm	50-54 cm
Medium	76-83 cm	98-103 cm	75-82 cm	28-31 cm	54-58 cm
Large	84-92 cm	104-111 cm	80-87 cm	30-33 cm	58-62 cm
X Large	93-101 cm	112-119 cm	85-92 cm	31-34 cm	62-66 cm
2X Large	102-110 cm	120-127 cm	90-97 cm	33-36 cm	66-70 cm

Size	Bust	Waist (B)
X Small	84-90 cm	74-80 cm
Small	90-96 cm	80-87 cm
Medium	96-103 cm	87-94 cm
Large	103-110 cm	94-102 cm
X Large	110-117 cm	102-110 cm
2X Large	117-124 cm	110-117 cm

Facial bandages

Size	X=Neck	Y=Head
S/M	30-40 cm	52-58 cm
L/XL	38-48 cm	56-62 cm



Size	Width
Universal	7,5 cm

Post-op binders

Size	Hip (C)	Waist (B)
XX Small****	65-80 cm	50-65 cm
X Small	70-90 cm	60-80 cm
Small	80-100 cm	70-90 cm
Medium	90-110 cm	80-100 cm
Large	100-120 cm	90-110 cm
X Large	120-130 cm	110-120 cm

Size	Available height	Placement*
1	23 cm, 30 cm	75-100 cm
2	23 cm, 30 cm	95-120 cm
3	23 cm, 30 cm	115-140 cm
4	23 cm, 30 cm	140-190 cm
5	30 cm, 37 cm	190-240 cm

Size	Placement*
Small	70-80 cm
Medium	80-95 cm
Large	90-105 cm
X Large	100-115 cm
2X Large	110-125 cm

Size	Chest (A1)
Small	70-80 cm
Medium	80-90 cm
Large	90-105 cm
X Large	105-120 cm
2X Large	120-145 cm
3X Large	145-170 cm

Size	Placement*
X Small**	70-85 cm
Small	80-95 cm
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large***	130-145 cm

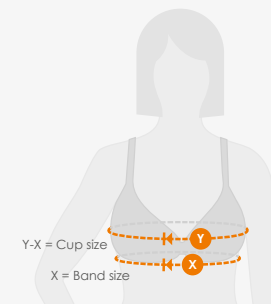
Size	Hip (C)
X Small	60-75 cm
Small	70-85 cm
Medium	80-100 cm
Large	95-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large	135-145 cm

* Circumference of the intended placement.
 ** Only in black, 20 cm.
 *** Only in white, 16 & 25 cm.
 **** Only in ViraX2.

How to measure bra size

1. Measure the circumference:
 - X Under the bust – tight.** This is your band size. *Example 76 cm.*
 - Y Around the fullest part of the bust – loose.** *Example 95 cm.*
2. Subtract X from Y (Y - X) to determine the cup size. *Example 95 - 76 = 19.*
3. Use the chart below to find your cup size. *Example 19 = D.*
4. Round the band size to the nearest 5 and combine it with the cup size. *Example 75D.*

Difference in cm (Y-X)	11-12	12-14	14-16	16-18	18-20	20-22	22-24	24-26	26-28	28-31
Cup size	AA	A	B	C	D	E	F	G	H	I



Post-op bras and breast bands

Cup size		70	75	80	85	90	95	100	105	110	115	120	125	130	135	140
AA																
A																
B																
C																
D																
E																
F																
G																

Band size		65	70	75	80	85	90	95	100	105	110
A											
B											
C											
D											
E											
F											

Band size		60	65	70	75	80	85	90	95	100	105	110
AA												
A												
B												
C												
D												
E												

Cup size		60	65	70	75	80	85	90	95	100	105	110	115
A													
B													
C													
D													
E													
F													
G													

Band size		Cup size							
cm	inch	C	D	E	F	G	H	I	
65	26				F	G			
70	28	C	D	E	F	G			
75	30		C	D	E	F	G		
80	32			C	D	E	F	G	
85	34				C	D			
90	36					C	D		

Band size		Cup size							
cm	inch	C	D	E	F	G	H	I	
65	26	C	D	E	F	G	H	I	
70	28		C	D	E	F	G	H	I
75	30			D	E	F	G	H	I
80	32				D	E	F	G	H
85	34					D	E	F	G

Model	Height	Size
Mio white	7,5 cm	Universal
Mio black	7,5 cm	Universal

Size	Height	Measurement
S/M	15 cm	65-115 cm
L/XL	15 cm	110-145 cm