

Sizing Guide

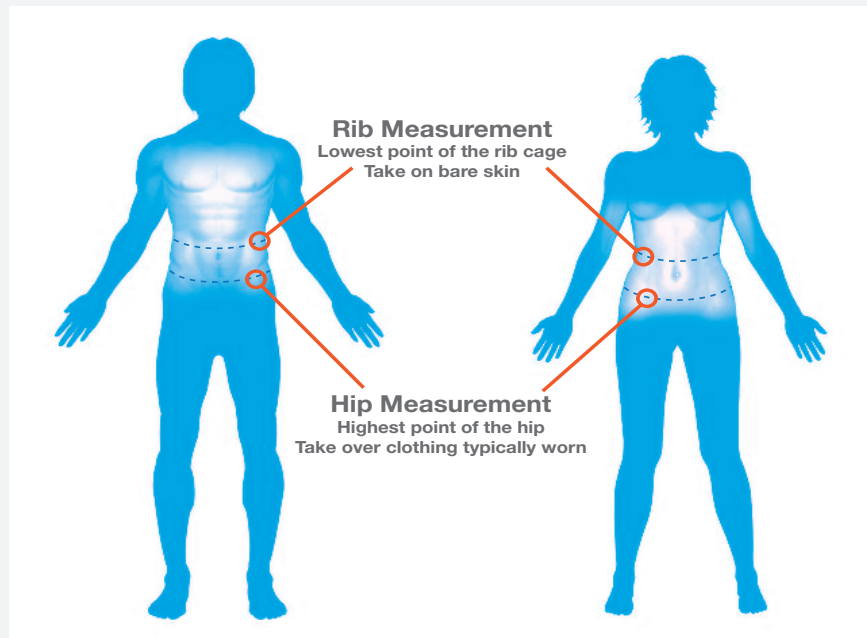
Selecting the Correct Size



Trekke® Lumbar Lift provides the most effective relief for back pain when it is selected to properly fit your body size.

- To select the correct size, use a measuring tape to measure around your body at the rib and hip locations indicated on the illustration above. The lower rib measurement is taken against the skin. The hip measurement is taken over pants or a dress.

If you do not have a flexible measuring tape, measure using a piece of string and compare it to an inflexible measuring device to determine which size you need.



- From the following chart, select the size your two measurements fall within. If your measurements fall into two sizes, select the smaller size to ensure a more effective fit.

EXAMPLE: If your rib measurement is 36" and your hip measurement is 42" the Large size is correct for you as both measurements fall within its fit range. If your measurements fall into two sizes, select the smaller size to ensure a more effective fit.

XSmall Trekke Belt Length Chart									
Rib and Hip Measurements	inches	24	25	26	27	28	29	30	31
	cm	61	63.5	66	68.5	71	73.5	76	78.5

Small Trekke Belt Length Chart									
Rib and Hip Measurements	inches	28	29	30	31	32	33	34	35
	cm	71	73.5	76	78.5	81	83.5	86	88.5

Medium Trekke Belt Length Chart									
Rib and Hip Measurements	inches	32	33	34	35	36	37	38	39
	cm	81	83.5	86	88.5	91.5	94	96.5	99

Large Trekke Belt Length Chart									
Rib and Hip Measurements	inches	36	37	38	39	40	41	42	43
	cm	91.5	94	96.5	99	101.5	104	106.5	109

XLarge Trekke Belt Length Chart									
Rib and Hip Measurements	inches	40	41	42	43	44	45	46	47
	cm	101.5	104	106.5	109	111.5	114	116.5	119

Need Help or Have Questions?

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