



How to use the size guide:

1 - Print the image at 100% sizing, in LANDSCAPE mode. \*Do not scale the image down, or print in portrait mode, or sizing won't be correct.

2 - Cut out the 5 sections above.

3 - Use tape to join the 5 sections together, one by one. Line up the edges with each other as shown below. \*Do not overlap the pieces.



4 - Carefully wrap the size guide around your chest, just below the arms.

5 - The line on section one, labelled "0", will fall in one of the size areas... This is your size!

Additional sizing tips:

- Each size field is labeled with "small adjustment | large adjustment". This is to help determine which brace adjustment is better suited for your chest size. If you fall in the smaller half of the size, it is likely that you will want to run your brace on the smaller of its 2 settings, and if you fall in the larger half of the size, your brace may be better fitted with the larger adjustment setting.

- If you fall perfectly "on the fence" between 2 sizes, you may be able to go either way. For kids that expect to grow quickly, we suggest opting for the larger size. For adults we recommend the smaller of the 2 sizes. The use of straps is also very highly recommended for all users.

For more info, please visit [www.atlasbrace.com](http://www.atlasbrace.com).

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