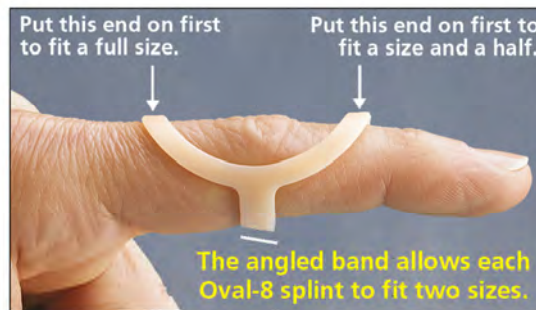




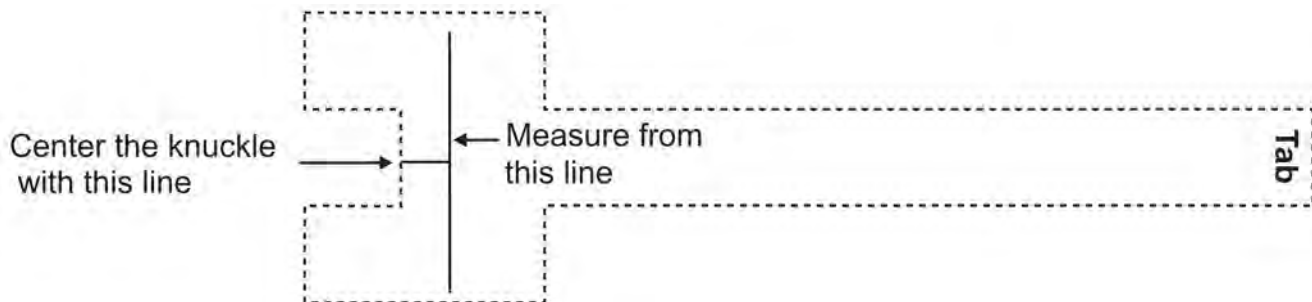
## Oval-8® Finger Splints SIZING GUIDE (Printable Version)

The Oval-8® Finger Splints Sizing Guide will help you choose the size splint most likely to fit your finger. Since even slight swelling or temperature changes can affect finger size, choosing only one size splint does not guarantee that size will be 100% accurate. We do recommend ordering a Graduated Set of 3 sizes for greater accuracy in sizing.



### SIZING GUIDE INSTRUCTIONS

To use the Sizing Guide you will need a pair of scissors and a ruler with 1/16" increments or a metric ruler. Cut out the guide below along the dotted line and follow the instructions below. If using scissors is difficult, you may wish to have someone assist you with cutting out the Sizing Guide.



*See Page 2 for step-by-step instructions.*

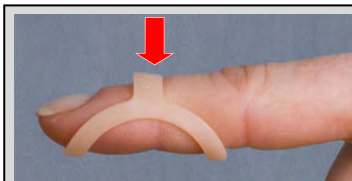
[www.ohmyarthritis.com](http://www.ohmyarthritis.com)

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## Oval-8® Finger Splints SIZING GUIDE INSTRUCTIONS

The illustrations below show how to size the MIDDLE KNUCKLE (PIP joint) when wearing the Oval-8 on this joint for Swan Neck, Boutonniere or other conditions affecting the middle joint.



**IF FITTING THE OVAL-8 FOR A MALLET FINGER,**  
wrap the sizing guide around the **END KNUCKLE**  
(DIP joint) closest to the fingernail.

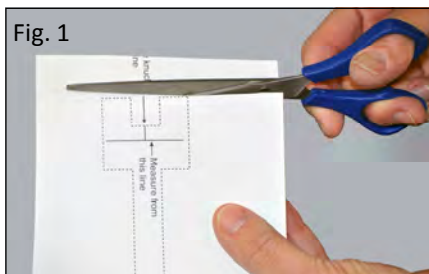


Fig. 1

Cut out the Sizing Guide along the dotted line.

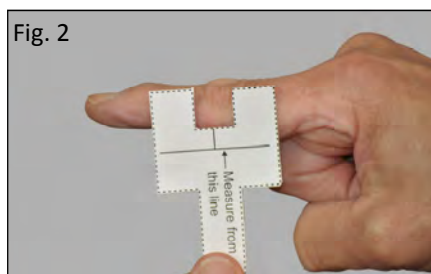


Fig. 2

Line up the center of the notch with the center of the knuckle being measured.

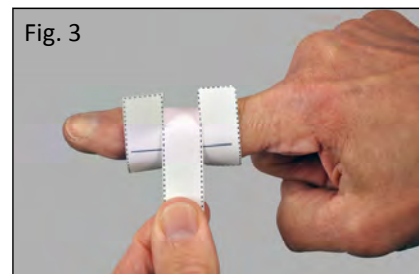


Fig. 3

Wrap the long tab around the finger and through the notch until it overlaps the "measure from" line.

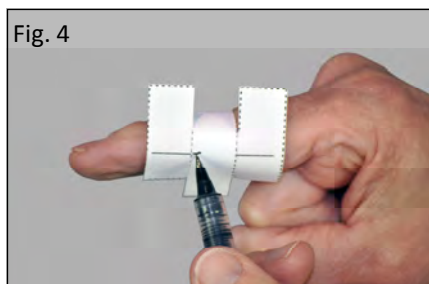


Fig. 4

Pull **lightly** on the tab so the paper lies evenly around the joint. Draw a line on the tab where it overlaps the measurement line.

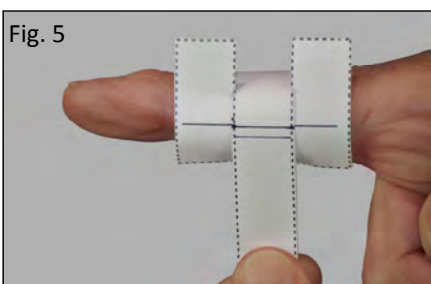


Fig. 5

Pull the tab more **firmly** around the joint for a tight fit and mark a second line on the tab where it overlaps the measurement line.

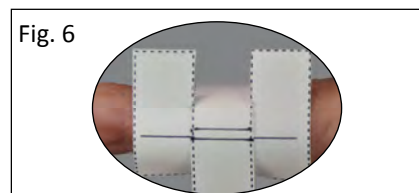


Fig. 6

It is recommended that you mark the tab in two places to establish a range of sizes to choose from when determining which Oval-8 sizes you may need.

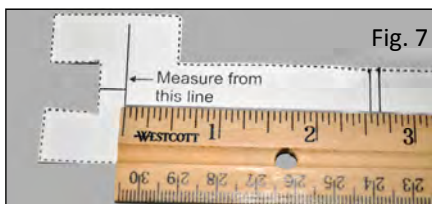


Fig. 7

Using a ruler, measure from the printed line to your marks. Measure these distances to the nearest 1/16" or millimeter.

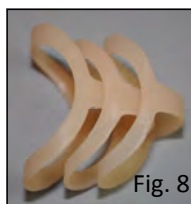


Fig. 8

Use these measurements to determine the recommended range of Oval-8 sizes for your finger. (See next page for details.)

\*Sizing guide is not a guarantee of accurate sizing. Temperature and time of day may affect size choice.



## Oval-8® Finger Splints SIZING CHARTS

### Graduated Sets

When determining which Graduated Set to order, consider these factors:

- If your finger(s) tend to swell, order a set that includes larger sizes.
- If you have swelling that is expected to go down, order a set that includes smaller sizes.
- If you will be wearing splints in water or during cold weather, order a set that includes smaller sizes.

Graduated Sets of 3 splints	Size ranges	Graduated Sets of 3 splints	Size ranges
Sizes 2-3-4	1 3/4" - 1 15/16" (4.3 to 4.95 cm)	Sizes 8-9-10	2 7/16" - 2 11/16" (6.14 - 6.8 cm)
Sizes 4-5-6	1 15/16" - 2 3/16" (4.95 - 5.7 cm)	Sizes 10-11-12	2 11/16" - 2 15/16" (6.8 - 7.4 cm)
Sizes 6-7-8	2 3/16" - 2 7/16" (5.7 - 6.14 cm)	Sizes 13-14-15	3" - 3 1/4" (7.65 - 8.2 cm)

### Individual Splints

If you have been sized by a health care provider using the Oval-8® Finger Splints and know the correct size, or are ordering a replacement or additional splints, you may choose to order individual sizes.

Oval-8 Size	Fits	Oval-8 Size	Fits	Oval-8 Size	FITS	Oval-8 Size	FITS
2	1 3/4" (4.3 cm)	6	2 3/16" (5.7 cm)	10	2 11/16" (6.82 cm)	14	3 3/16" (8.09 cm)
3	1 13/16" (4.5 cm)	7	2 5/16" (5.86 cm)	11	2 13/16" (7.09 cm)	15	3 1/4" (8.2 cm)
4	1 15/16" (4.95 cm)	8	2 7/16" (6.14 cm)	12	2 15/16" (7.4 cm)		
5	2 1/6" (5.27 cm)	9	2 1/2" (6.35 cm)	13	3" (7.65 cm)		