

# E+motion® Lumbamed® Plus Size Chart

Women's Sizes	1	2	3	4	5
Hips (cm)	76 - 86	86 - 98	98 - 111	111 - 125	125 - 140

Men's Sizes	1	2	3	4	5
Waist (cm)	66 - 76	76 - 88	88-101	101 - 115	115 - 130

**c = Circumference in cm**

**Measure on the skin while standing using a tape measure**

**Size - Measure around the area:**

**Women's - Around the hips**

**Men's - Around the waist**

**Women**



**Men**

