

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

