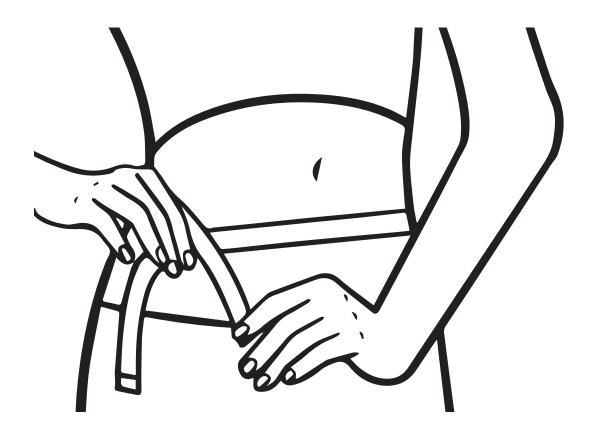
SIZING INSTRUCTIONS: BACK



1. Wrap the measuring tape around the waist, making sure it is snug but not too tight. Make a note of the measurement. Use this measurement to determine your best size when purchasing a back brace or support.

It is recommended to consult with a medical professional or the manufacturer of the brace to ensure you select the correct size.