

MEASUREMENT SHEET

Name _____

Email _____

INSTRUCTIONS:

1. Look on this page of the website to learn how to measure yourself for the Diastasis Rehab Splint®: <https://diastasisrehab.com/pages/splint-and-tape-sizing> or the TogetherWear tank top: <https://diastasisrehab.com/pages/diastasis-rehab-togetherwear-tanktop-sizing>
2. Fill in your height, back size, belly circumference, and waist height in the form below and save it on your computer
3. Email this form as an attachment to info@diastasisrehab.com and put in the subject line "measuring sheet".
4. Put your belly photos from the front and the side either on this form, in your email or as an attachment.

MEASUREMENTS IN INCHES

HEIGHT In feet and inches (i.e 5'7")	
BACK SIZE	
BELLY CIRCUMFERENCE	
WAIST HEIGHT	
BELLY PHOTO FRONT Cut and paste photo here or attach to your email.	BELLY PHOTO SIDE Cut and paste photo here or attach to your email.