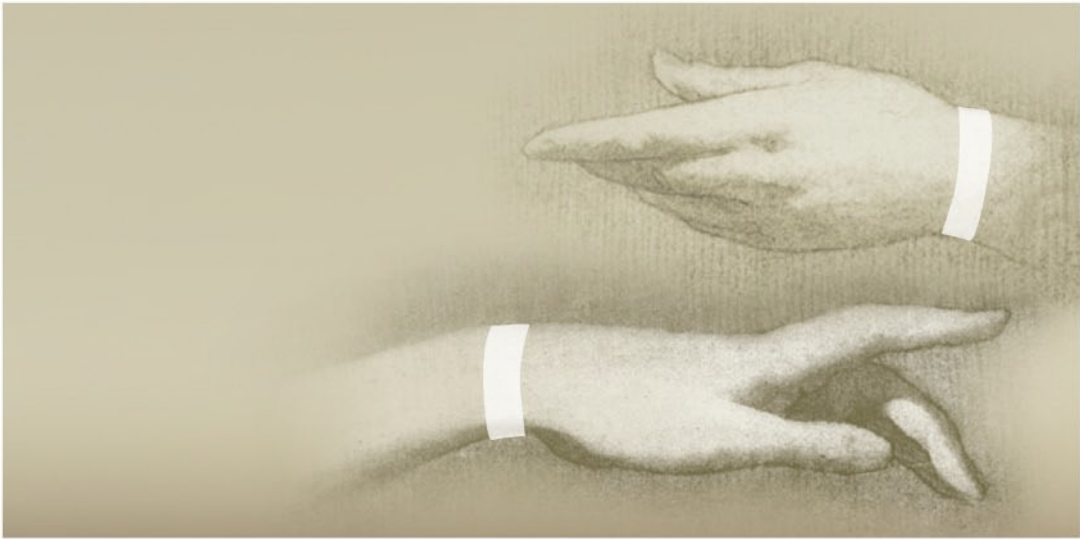




## MEASURING YOUR WRIST

### STEP 1: PRINT DOCUMENT

Use your ruler and measure this printout to insure the tape measures 9 inches exactly. If the ruler on this document does not match up to your ruler then your printer settings must be corrected. To make the corrections you must click on the **File** button in the top left corner of your computer screen. Click on the **Print** command. Your printer settings should appear. Select the page handling section and make sure the **Scale** option is set to **None**. You may now print and use the tape measure provided in this document.



### STEP 2: MEASURE YOUR WRIST:

Make sure that you wrap the measuring tape around your wrist bone as shown above, so that it contacts your skin all the way around.

Write your measurement down. You will need this number during checkout.

Follow Step 2 directions and measure your ankle in the same way.

