



wrist donut® Measure-a-wrist

(A)

This 'approximate' (as opposed to tape measure!) will help you to ensure that your wrist donut is a perfect, snug fit.

How to Use

Print and cut out the Measure

- Fold the tab in half long ways and snip at (A) to make a small slot
- Pass the end of the Measure through the slot to make a loop
- Slip your hand through the loop
- Gently pull the end to tighten around your wrist joint (as close to your hand as possible)
- Take the measurement at (A)

Small 11cm to 15cm

Medium 15cm to 18cm

Large 18cm to 21cm