

## Sizing Chart

	Small		Medium		Large	
Ankle Circumference	<b>7"–8.5"</b> (18–21.5cm)		<b>8.5"–10"</b> (21.5–25.5cm)		<b>10"–11.5"</b> (25.5–29cm)	
Calf Circumference	<b>11"–15.5"</b> (28–39cm)		<b>12.5"–17.5"</b> (31.5–45cm)		<b>14"–20"</b> (35.5–51cm)	
Calf Length	<b>Short</b>	<b>Long</b>	<b>Short</b>	<b>Long</b>	<b>Short</b>	<b>Long</b>
	≤16" (41cm)	>16" (41cm)	≤16" (41cm)	>16" (41cm)	≤16" (41cm)	>16" (41cm)
Thigh Circumference	<b>18"–26"</b> (45.5–66cm)		<b>19"–28.5"</b> (48–73cm)		<b>20.5"–33"</b> (52–84cm)	
Hip Circumference Guidelines	<b>32.5"–44.5"</b> (83–112.5cm)		<b>34.5"–50"</b> (87–127cm)		<b>38.5"–59.5"</b> (98–150.5cm)	
Leg Length	<b>Short</b>	<b>Long</b>	<b>Short</b>	<b>Long</b>	<b>Short</b>	<b>Long</b>
	≤28.5" (72cm)	>28.5" (72cm)	≤28.5" (72cm)	>28.5" (72cm)	≤28.5" (72cm)	>28.5" (72cm)
Size	<b>SS</b>	<b>SL</b>	<b>MS</b>	<b>ML</b>	<b>LS</b>	<b>LL</b>

**Women's Shoe Sizes** Short leg 5.5–9.5, Long leg 8–12

**Maternity hip circumference guidelines** Small: <56" (142cm), Medium: <62" (157.5cm), Large: <70" (178cm)