



FROM THE BRAND THAT YOU TRUST

Recovery Back Brace

Sizing Guide

Choose brace size
according to your
pants waist size



SMALL/MEDIUM

LARGE/X-LARGE

MEN'S

under 34"

over 34"

WOMEN'S

under 16

over 16

Compression products work best when they fit snugly. If you are between sizes we always recommend going with the smaller size for the most effectiveness.