



## Sizing

To measure your waist or hip size, follow the directions below for your condition.

### Pregnancy belly & back support:

- Center measuring tape the middle of your lower back just above your hips
- Bring both sides of the measuring tape down under your belly
- Read measurement where the measuring tape meets this will give your waist circumference.

### Hip/Pelvic or Sacroiliac joint support:

- Center measuring tape the middle of your lower below the top of your hip bone (where low cut jeans would be)
- Bring both sides of the measuring tape down around your hips under your belly
- Read measurement where the measuring tape meets this will give your hip circumference.

### Umbilical Hernia Support

- Center measuring tape the middle of your lower back just above your hips
- Bring both sides of the measuring tape around to the front of your belly button
- If your hernia is large, place the tape under the hernia to allow the band to give your hernia a gentle lift and support.
- Read measurement where the measuring tape meets this will give your waist circumference

Babybellyband Original FLIP-IT and SPORT Measurements- Measure around Hip or Waist			
U.S. Pre-Pregnancy Pant Size	Hip and Waist Measurement -inches	Hip and Waist Measurement (cm)	Abdominal Band Size
X Petite (SPORT only)	25-30"	63-76 cm	XX-SMALL
Petite (SPORT only)	30-35"	76-89 cm	X-SMALL
0-6	30"-40"	76-101 cm	SMALL
8-10	40"-45"	101-114 cm	MEDIUM
12-20	45"-50"	114-127 cm	LARGE
22-24	50"-55"	127-140 cm	X-LARGE
PLUS	55"- 70"	152-178 cm	XXL-GODDESS

Groin Band Sizing Chart						Shoulder Strap Sizing		
Pre-Pregnancy	WEIGHT in pounds (lbs)					<b>BLACK</b>	ONE SIZE FITS ALL	
Height	100	120	140	160	180+	<b>BEIGE</b>	ONE SIZE FITS ALL	
4'9"-5'3"	S	S	S	M	L			
5'4"-5'5"	S	S	M	M	L			
5'6"-5'7"	S	M	M	L	L			
5'8"-6'	M	M	L	L	L			

Please feel free to contact us at 860-238-7788 or [orders@babybellyband.com](mailto:orders@babybellyband.com)