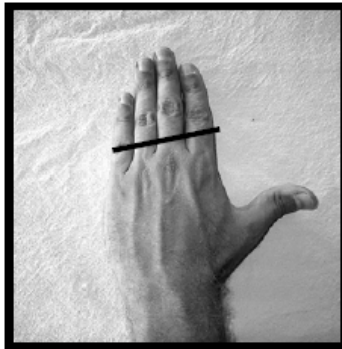


# SaeboStretch<sup>®</sup> Measurement Guide

## Indications:

- Minimum to moderate tone and soft tissue shortening.
- Able to passively achieve neutral position (i.e., 0°) at the wrist with MCP, PIP, and DIP joints in composite extension using no greater than moderate force.
- Maximum force or moist heat should not be necessary to achieve this baseline criteria.
- The SaeboStretch allows for wrist positioning in varying degrees of flexion or extension with 35° of extension being optimal.



**Small: 2 ¼" to 2 ¾"**

**Medium: 2 ¾" to 3 ¼"**

**Large: 3 ¼" to 4"**

Measure across the proximal phalanges of digits 2-5 just proximal to the PIP joints. Please make sure the fingers are in the adducted position. Do not wrap the tape down the lateral or medial side of the hand.

**Consider the length of the fingers when deciding between 2 different sizes  
(i.e., shorter fingers = smaller size)**