



FREEZE SLEEVE™

Sleeves are interchangeable between arms and legs. Refer to the Size Chart and Measurement Guides below to ensure proper fit around your preferred treatment area. Your Freeze Sleeve should fit snug around the treated area. It's compression is not intended for support, but to hold the sleeve in place providing mobile recovery. If you are in between sizes, it is recommended that you order the larger size to ensure adequate cold therapy with compression. For specific details, refer to the Size Chart and Measurement Guides listed below.

Freeze Sleeve Sizing Guide

ANKLE



- 1 PLACE TAPE MEASURE 2 INCHES ABOVE THE BRIDGE OF THE FOOT
- 2 MEASURE CIRCUMFERENCE
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

KNEE



- 1 WHILE STANDING, SLIGHTLY BEND THE KNEE TO A 30° ANGLE
- 2 MEASURE CIRCUMFERENCE OF KNEE 3 INCHES ABOVE WHERE THE KNEE BENDS
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

CALF



- 1 WHILE STANDING, ARCH HEEL OFF THE GROUND TO FLEX CALF
- 2 MEASURE CIRCUMFERENCE OF THE LARGEST PORTION OF THE CALF
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

HAMSTRING



- 1 WHILE STANDING, SLIGHTLY BEND THE KNEE TO A 30° ANGLE
- 2 MEASURE CIRCUMFERENCE OF THE LARGEST PORTION OF THE QUAD & HAMSTRING
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

WRIST



- 1 PLACE TAPE MEASURE 2 INCHES ABOVE WHERE THE HAND MEETS THE WRIST
- 2 MEASURE CIRCUMFERENCE OF WRIST
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

ELBOW



- 1 BEND ELBOW TO A 90° ANGLE
- 2 MEASURE CIRCUMFERENCE AROUND THE LARGEST PORTION OF BICEP/TRICEP
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

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