## **Alpha Duo™ Liners Sizing Guide**

Please refer to the illustrations for recommendations for fitting the Alpha Duo Liner. Shown below are limb circumferences that the liners will fit, measured at 4 cm (1.5 in) and 30 cm (12 in) from the distal end.

Each Alpha Duo Liner includes a One Gel Sock. The liner size determines the size of the One Gel Sock.

Proximal Measurement	Medium 26 - 44 cm (10 - 17 in)	Medium Plus 30 - 54 cm (12 - 21 in)	Large 33 - 64 cm ( 13 - 25 in)	Large Plus 41 - 80 cm (16 - 31.5 in)	<b>Extra Large</b> 46 - 90 cm (18 - 35.5 in)
Distal Measurement	20 - 29 cm (8 - 11.5 in)	20 - 29 cm ( 8 - 11.5 in)	28 - 36 cm (11 - 14 in)	32 - 39 cm (12.5 - 15.5 in)	37 - 45 cm (14.5 - 18 in)
Proximal Measurement 30 cm (12 in) from distal	M	M			XL
Distal Measurement 4 cm (1.5 in) from distal	Medium	Medium Plus	Large	Large Plus	Extra Large

