

# Maternity Compression Sizing

Sizing: Based on pre-pregnancy pant size (0-18)

## Motif Pregnancy Support Band

| Size | Pre-Preg Pant | Under Belly Measurement |
|------|---------------|-------------------------|
| XS   | 00 - 0        | 24 - 32 in              |
| S    | 2 - 4         | 33 - 40 in              |
| M    | 6 - 12        | 41 - 48 in              |
| L    | 14 - 18       | 49 - 52 in              |
| XL   | 20 - 26       | 53 - 62 in              |



## Motif Postpartum Recovery Support Garment - Natural Birth

| Size | Waist | Hips  | Pre-Preg Pant |
|------|-------|-------|---------------|
| XS   | 24-26 | 34-36 | 00-2          |
| S    | 27-29 | 37-39 | 4-6           |
| M    | 30-32 | 40-42 | 8-10          |
| L    | 33-36 | 43-45 | 12-14         |
| XL   | 37-39 | 46-49 | 16-18         |
| 2X   | 40-44 | 50-54 | 20-22         |



## Motif Postpartum Recovery Support Garment - C-Section and Natural Birth

| Size | Waist | Hips  | Pre-Preg Pant |
|------|-------|-------|---------------|
| XS   | 24-26 | 34-36 | 00-2          |
| S    | 27-29 | 37-39 | 4-6           |
| M    | 30-32 | 40-42 | 8-10          |
| L    | 33-36 | 43-45 | 12-14         |
| XL   | 37-39 | 46-49 | 16-18         |
| 2X   | 40-44 | 50-54 | 20-22         |

