

To Take Your Measurements:

BUST The measurement over the fullest part of the chest of apex point.

WAIST The measurement of the smallest indentation of the natural waistline.

HIPS The measurement of the fullest curve of the hip or approximately 8" below the waistline.

**INSEAM /
INSIDE LEG** The measurement from the top of the inner thigh down to 1" below the ankle bone.

NOTE For accurate measurements, pull the measuring tape snugly to your body and avoid stretching.

NHC Rehab Uniform Size Charts

Women's Styles Fit Guides



CLASSIC
Generously cut to provide optimal comfort and ease of movement.

MODERN
Tailored to flatter your shape without limiting movement.

CONTEMPORARY
Contoured to conform to your body and complement your shape.

MEASUREMENT TIPS

BUST: The measurement over the fullest part of the chest

WAIST: The measurement of the smallest indentation of the natural waistline.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.

Women's Fit Guides

WOMEN'S APPAREL										
SIZE	XXS	XS	S	M	L	XL	2X	3X	4X	5X
BUST	29-30	31-33	34-35	36-38	39-42	43-45	46-49	50-53	54-57	58-61
WAIST	22-23	24-25	26-28	29-31	32-34	35-37	38-41	42-45	46-49	50-53
HIPS	32-33	34-35	36-38	39-41	42-44	45-47	48-51	52-55	56-59	60-63

Women's Fit Guides

Fit Chart for Polo Style IDL500

PRODUCT MEASUREMENTS

	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
Bust	18 1/2	19 1/2	20 1/2	22	23 1/2	25	27	29	31	33
Sleeve Length	15 1/4	15 3/4	16 1/4	16 7/8	17 1/2	18 1/8	18 3/4	19 3/8	19 3/8	19 3/8
Body Length at Back	26	26 1/2	27	27 1/2	28	28 1/2	29	29 1/2	30	30 1/2

Fit Chart for Sweater Style ID7056

Alpha Size	XXS		XS		S		M		L		XL		2XL		3XL		4XL	
Blazers Regular 5'8" and Shorter	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Blazers Tall 5'8" and Taller			4T	6T	8T	10T	12T	14T	16T	18T								
Bust	31 1/4	32 1/4	33 1/4	34 1/4	35 1/4	36 1/4	37 1/4	38 3/4	40 1/4	41 3/4	43 3/4	45 3/4	47 3/4	49 3/4	51 3/4	53 3/4	55 3/4	57 3/4
Natural Waist	24 3/4	25 3/4	26 3/4	27 3/4	28 3/4	29 3/4	30 3/4	32 1/4	34	35 3/4	38 1/4	40 3/4	43 1/4	45 3/4	48	50 1/4	52 1/2	54 3/4
High Hip	30	31	32	33	34	35	36	37 1/2	39 1/4	41	43 1/2	46	48 1/2	51	53 1/8	55 1/4	57 3/8	59 1/2
Low Hip	33 1/2	34 1/2	35 1/2	36 1/2	37 1/2	38 1/2	39 1/2	41	42 1/2	44	46	48	50	52	54	56	58	60

Fit Chart for Compression Shirt Style IDN3002

LADIES' GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL
Numeric Sizing (USA/Canada)	2	4-6	8-10	12-14	16-18	20	22	24
Numeric Sizing (European)	32	34-36	38-40	42-44	46-48	50	52	54
Chest	31" - 32"	33" - 35"	36" - 38"	39" - 42"	43" - 45"	46" - 49"	50" - 53"	54" - 57"
Waist	23" - 24"	25" - 27"	28" - 30"	31" - 32"	33" - 35"	36" - 38"	39" - 41"	42" - 44"
Hip	33" - 34"	35" - 37"	38" - 40"	41" - 42"	43" - 45"	46" - 48"	49" - 51"	52" - 54"
Sleeve Length	29.5" - 30"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"	35.5" - 36"

NHC Rehab Uniform Size Charts

Fit Guides for Scrubs



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MEASUREMENT TIPS

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MEN'S APPAREL									
Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
Hip	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

Men's Fit Guides

Fit Chart for Polo Style IDK500

SIZE CHART

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest Size (inches)	32-34	35-37	38-40	41-43	44-46	47-49	50-53	54-57	58-60

Fit Chart for Compression Shirt Style IDN3165

Size Chart

	S	M	L	XL	2XL	3XL
CHEST	35-38	39-41	42-45	46-49	50-52	53-56