

## How to Find the Right Size for Your NitRo Thumb Ring

To determine the correct size for your thumb ring, measure the diameter of your thumb joint at its widest point. A caliper is particularly suitable for this purpose. If you don't have one at home, we've created a guide to help you make your own ring template.

### What you'll need:

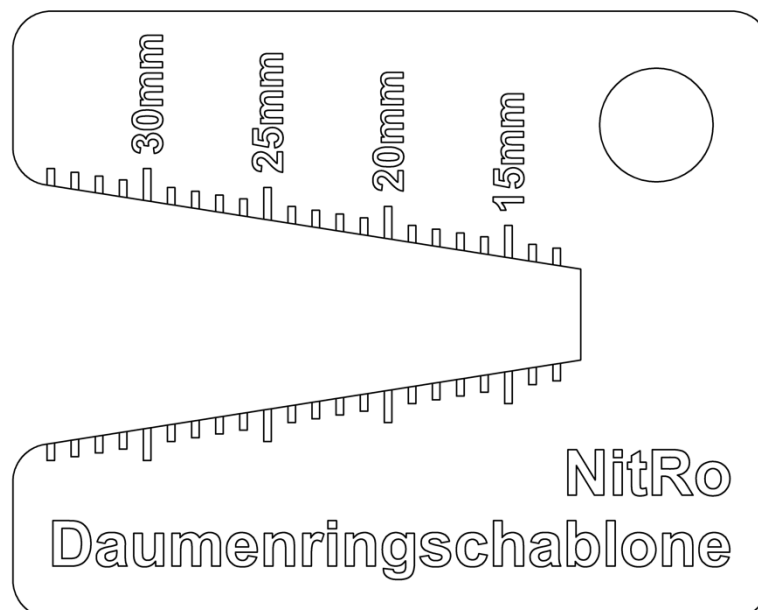
- Thin cardboard (about 1mm), ruler, scissors, and optionally a cutter and household glue (e.g., glue stick).

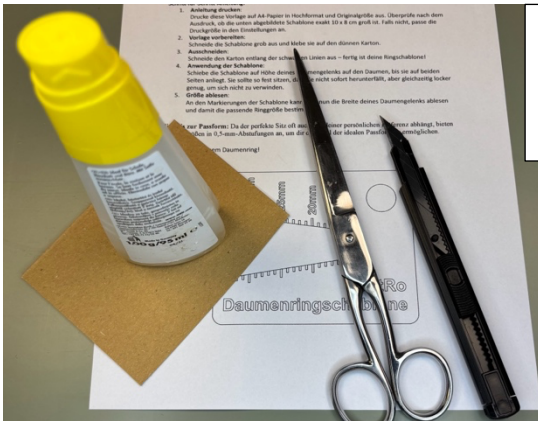
### Step-by-Step Instructions:

1. **Print the template:** Print this template on A4 paper in portrait orientation and at its original size. After printing, check if the template below measures exactly 10 x 8 cm. If not, adjust the print size in the settings.
2. **Prepare the template:** Roughly cut out the template and glue it onto the thin cardboard.
3. **Cut it out:** Cut the cardboard along the black lines – your ring template is now ready!
4. **Use the template:** Slide the template over your thumb joint until it fits snugly on both sides. It should be tight enough not to slip off immediately, but loose enough to avoid twisting.
5. **Read the size:** Use the markings on the template to measure the width of your thumb joint and determine the right ring size.

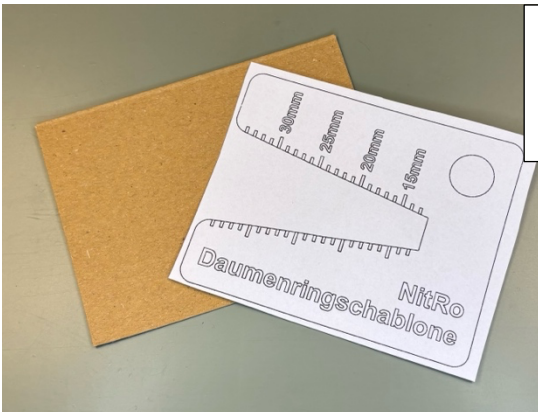
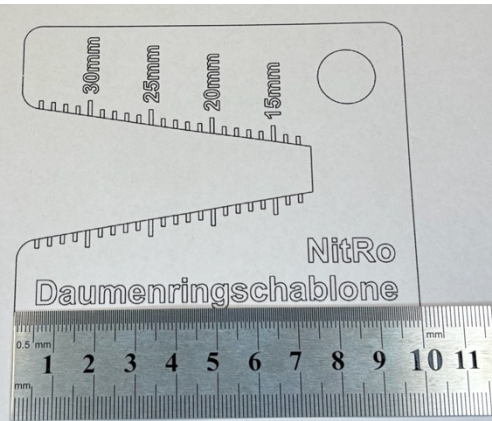
**Note on the ideal size:** The perfect fit also depends on your personal preference. To help you find your ideal size, we offer ring sizes in 0.5mm increments.

Enjoy your thumb ring!

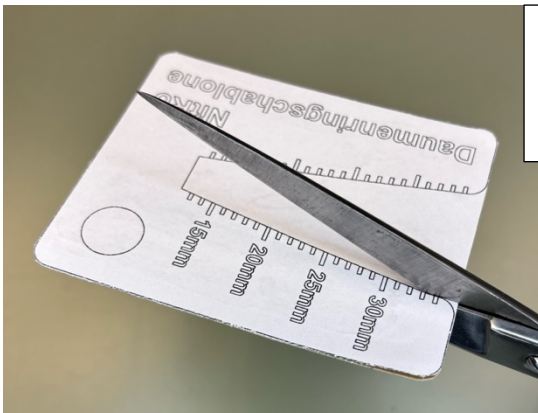
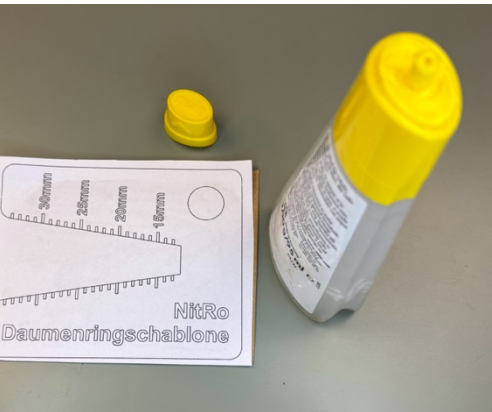




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