



Breast Root Trace Instructions

Materials Needed

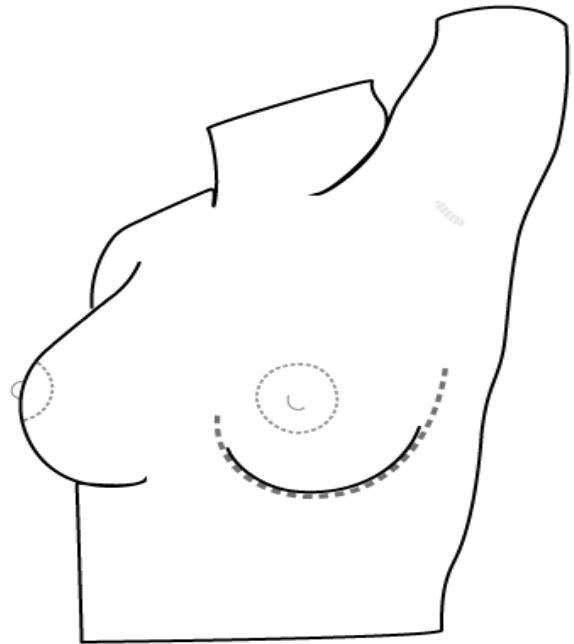
- Flex ruler or a flexible wire
- Paper and Pen/Pencil

Begin with the larger breast and raise the corresponding arm above your head.

Using your free hand or an assistant, use the flex ruler/wire to “trace” around the breast crease (Inframammary Fold or IMF) with one end toward the middle of your chest. If the IMF is not present or hard to find, try pushing the breast mound toward the underarm to temporarily create a crease and mark it with a washable marker. Another option would be to trace the indentation left at the end of the day after wearing your best fitting bra.

The curve of the flex ruler/wire should follow your IMF as closely as possible. Then quickly transfer to a sheet of paper (back of this page works well) and trace. Repeat process with other breast. Be sure to label each trace - left or right breast.

Compare your trace with the wire chart from your favorite bra supply vendor. The base curve of the wire should match your trace while the opening should be slightly narrower. This is to accommodate the wire spring that often occurs when a bra is worn.



****Please remember to check both breasts as they may be different!**