

## ***Practical Things, LLC.***

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### **Heads-Up Sizing Guide**

#### **Adult Sizes**

<i>Baseball Cap</i>	<i>20.5" to 25.5"</i>	<i>(52cm to 65cm)</i>
<i>Floppy Hat</i>	<i>20.5" to 25.5"</i>	<i>(52cm to 65cm)</i>
<i>Mesh Cap</i>	<i>18.5" to 24"</i>	<i>(47cm to 61cm)</i>

#### **Child Sizes**

<i>Baseball Cap</i>	<i>18.5" to 23.5"</i>	<i>(47cm to 59.5cm)</i>
<i>Floppy Hat</i>	<i>18.5" to 23.5"</i>	<i>(47cm to 59.5cm)</i>
<i>Mesh Cap</i>	<i>14.25" to 20.5"</i>	<i>(36cm to 52cm)</i>

#### ***Things to consider:***

1. The floppy hat and mesh cap have more interior room for "big hair" than the baseball cap.
2. Mesh cap style has an elastic headband, this allows for a little bit larger head size than indicated by the above measurements.
3. The mesh cap is constructed with mesh on the inside of the headband. This provides a little more friction for more control with patients who have a high degree of spasticity.