

Size

Knee circumference:

XS	S	M	L	XL	2XL
12-13" 30.5-33 cm	13-14" 33-35.6 cm	14-15" 35.6-38.1 cm	15-16" 38.1-40.6 cm	16-17.5" 40.6-44.5 cm	17.5-19" 44.5-48.3 cm

**KNEE**

Measure the knee to be protected (you likely figured that). Stand and bend your leg just less than 45 degrees, measure knee circumference 2" (5 cm) below the center of patella (kneecap).