

**Size**

Knee circumference:

<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>
10-12"/30 cm	12-14"/30-36 cm	14-15"/36-38 cm	15-17"/38-43 cm	17-20"/43-51 cm	20-22"/51-56 cm


**KNEE**

Measure the knee to be protected (you likely figured that). Stand and bend your leg just less than 45 degrees, measure around the largest part of knee, directly over the patella (kneecap).