

Size

Knee circumference:

YOUTH

10-13"

S

13-14.5"

M

14.5-15.5"

L

15.5-16.5"

XL

16.5-18.5"

XXL

18.5-21"


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).