

Size

Elbow circumference:

S

 10-11"
25.4-27.9 cm

M

 11-12"
27.9-30.5 cm

L

 12-13"
30.5-33 cm

ELBOW

Bend your elbow to approximately 45 degrees and measure directly over the joint. When ordering a pair, take measurements on both elbows and use the average of the results.