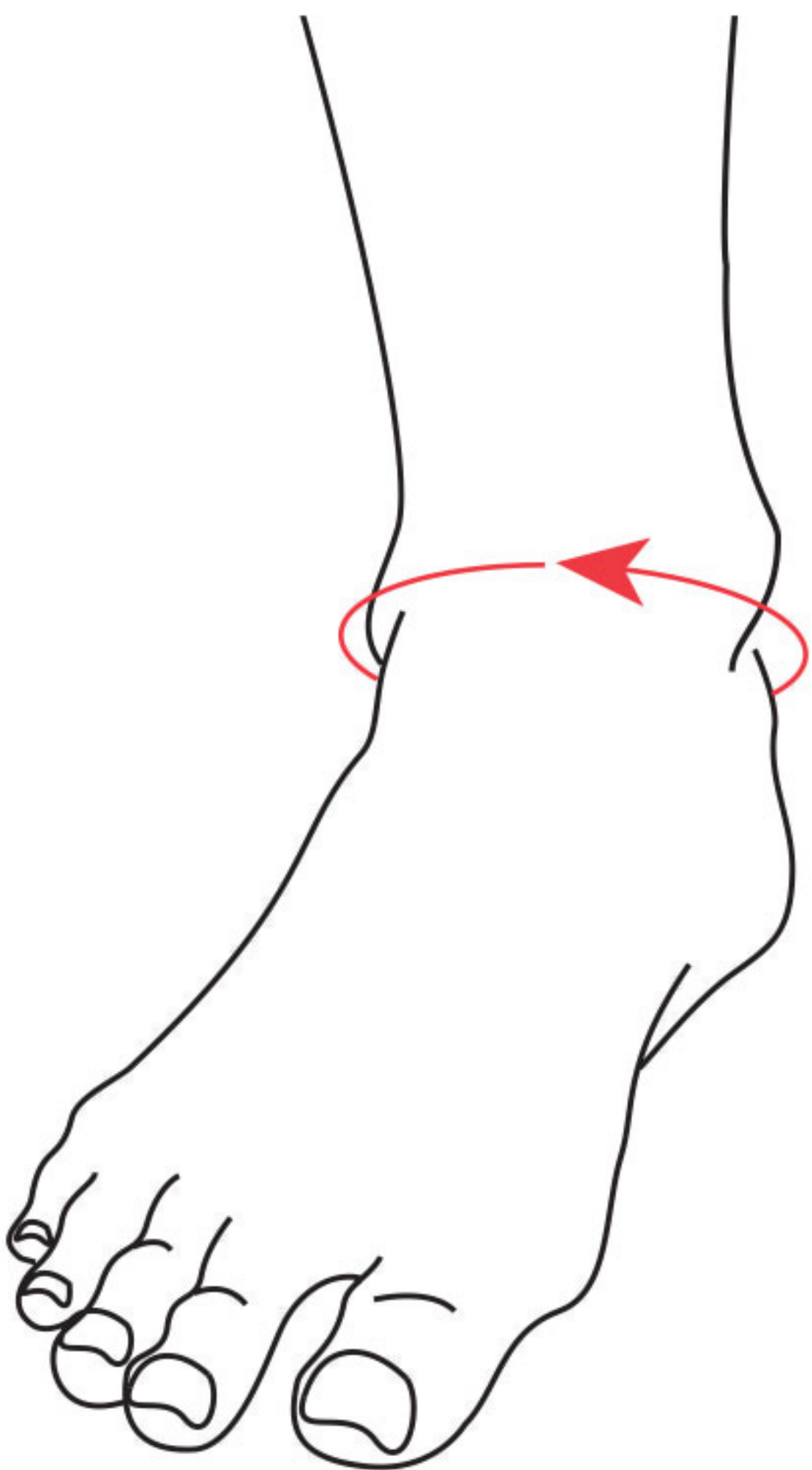


Measure evenly
around ankle joint



SIZE	MEASUREMENT	
S/M	6 1/4-10 1/4"	16-26cm
L/XL	10 1/4-14 1/4"	26-37cm

Your Elastic Support should be a snug and comfortable fit. Not too tight, not too loose.
If in doubt, try next larger size.