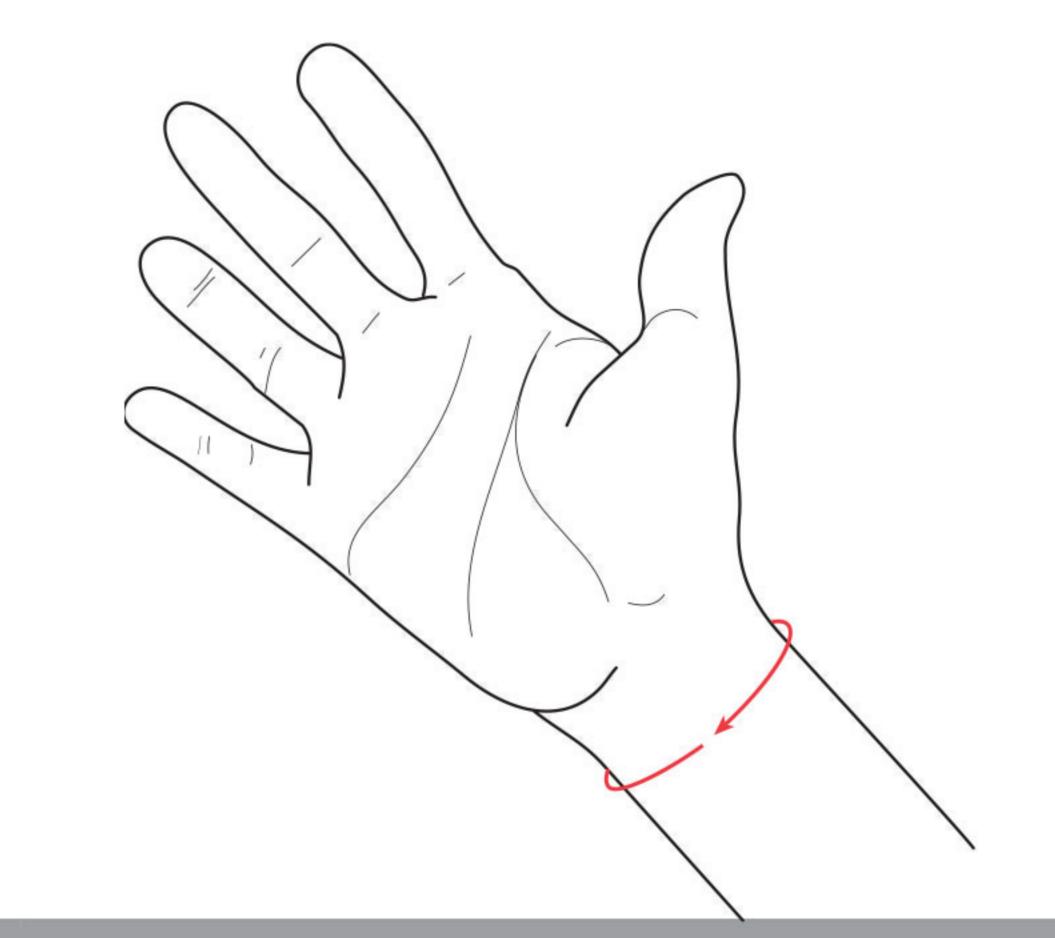
Measure evenly around wrist joint



SIZE	MEASUREMENT	
XS/S	4 1/2-6 1/4"	11-16cm
MED	6 1/2-7 1/2"	17-19cm
LRG	7 3/4-10"	20-25cm

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