

SIZE	MEASURE AROUND THE BEND OF THE ELBOW
SMALL	7.75 - 9.75 Inches (19.5 - 25 CM)
MEDIUM	9.75 - 11 Inches (25 - 28 CM)
LARGE	11 - 13.5 Inches (28 - 34 CM)
X -LARGE	13.5 - 15 Inches (34 - 38 CM)