

Measure around the break of the wrist.

XS fits under 5.5 in. wrist
under 14.0 cm wrist

S fits 5.5 - 6.5 in.
14.0 - 16.5 cm

M fits 6.75 - 7.5 in.
17.1 - 19.1 cm

L fits 7.75 - 8.5 in.
19.7 - 21.6 cm

XL fits 8.75 in. wrist and up
22.2 cm wrist and up

Specify for RIGHT or LEFT wrist.