

Measure around the bend of the elbow.

S fits 9.0 - 9.75 in.
22.9 - 24.8 cm

M fits 10.0 - 10.75 in.
25.4 - 27.3 cm

L fits 11.0 - 11.75 in.
27.9 - 29.8 cm

XL fits 12.0 - 13.0 in.
30.5 - 33.0 cm