

Essentials Elbow Sleeve Size Chart

Size #	Size	Arm Measurement
X = 2	S	8" – 9" (20 – 23 cm)
X = 3	M	9" – 10" (23 – 25 cm)
X = 4	L	10" – 11" (25 – 28 cm)
X = 5	XL	11" – 12" (28 – 30 cm)
X = 6	XXL	12" – 13" (30 – 33 cm)
X = 7	3XL	13" – 14" (33 – 36 cm)

Circumference taken at elbow joint