

Essentials Padded Elbow Sleeve

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