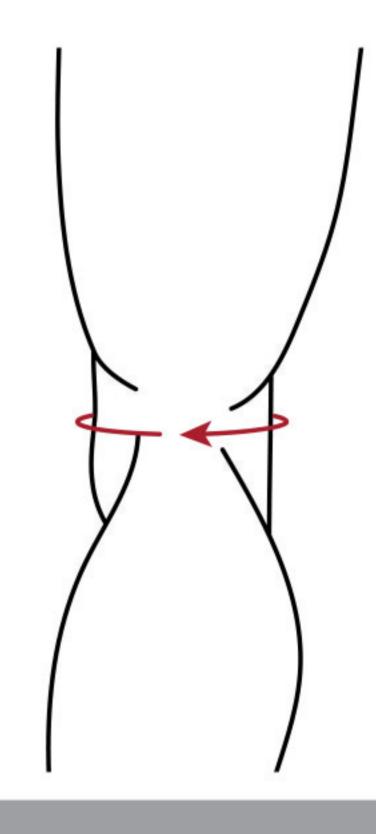
Measure circumference of the knee



SIZE	MEASUREMENT	
S/M	11 1/2-13 3/4"	28-35cm
L/XL	14-16 3/4"	35 1/2-43cm

Your Thermal Vent Support should be a snug and comfortable fit. Not too tight, not too loose. If in doubt, try next larger size.