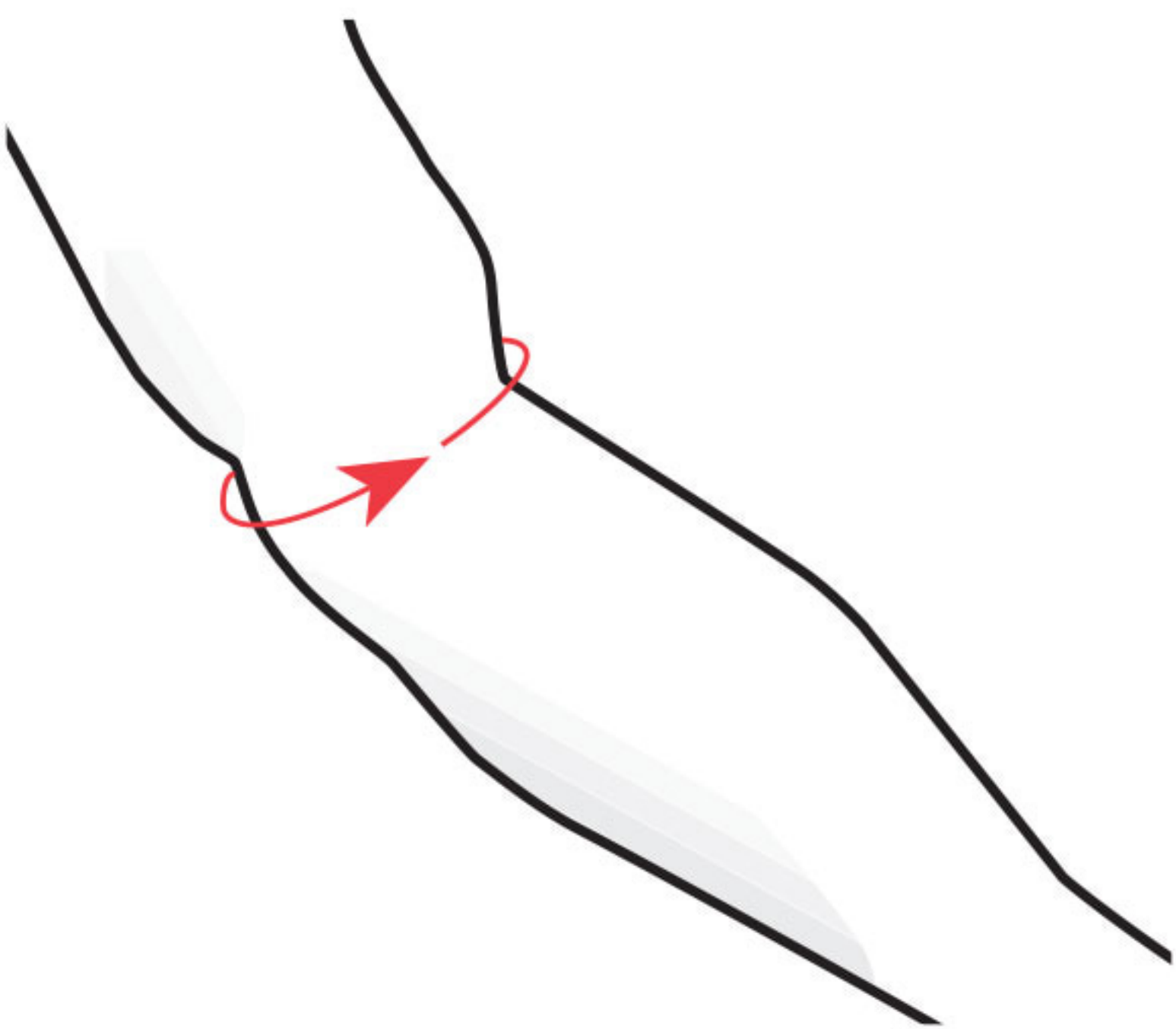


Measure around elbow joint with arm extended



SIZE	MEASUREMENT	
SM	7 3/4-9"	20-23cm
MED	9-10 1/4"	23-26cm
LRG	10 1/4-11 1/2"	26-29cm
XL	11 1/2-12 1/2"	29-32cm

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