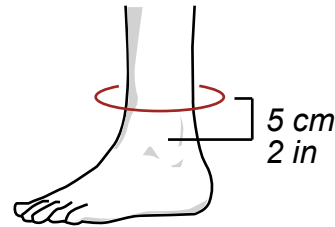


CHOOSING THE CORRECT SIZE:

Measure ankle circumference (5cm above middle of ankle bone)

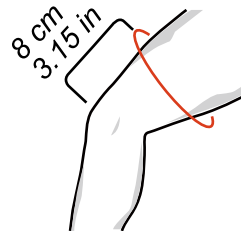
SIZE	ANKLE DIMENSIONS
Small	18cm - 21cm 7 - 8 1/4 inches
Medium	21cm - 24cm 8 1/4 - 9 1/2 inches
Large	24cm - 27cm 9 1/2- 10 5/8 inches



CHOOSING THE CORRECT SIZE:

Measure around the thigh 8 cm above kneecap

SIZE	KNEE DIMENSIONS
Small	35cm - 40cm 13 3/4- 15 3/4 inches
Medium	40cm - 45cm 15 3/4 - 17 3/4 inches
Large	45cm - 50cm 17 3/4 - 19 3/4 inches



CHOOSING THE CORRECT SIZE:

Measure around the forearm 5 cm below elbow bone

SIZE	ELBOW DIMENSIONS
Small	21cm - 23.5cm 8 1/4- 9 1/4 inches
Medium	23.5cm - 26.5cm 9 1/4 - 10 1/2 inches
Large	26.5cm - 29.8cm 10 1/2 - 11 3/4 inches

