

Take the measurement of your thigh and calf 6" above and below your kneecap using a flexible type tape measure. Use the diameter you measure here to choose your size.

Size	Thigh	Knee Center	Calf
XS	13" - 15.5" (33-39 cm)	12"-13" (30-33 cm)	10"-12" (25-30 cm)
S	15.5" - 18.5" (39-47 cm)	13"-14" (33-35 cm)	12"-14" (30-35 cm)
M	18.5" - 21" (47-53 cm)	14"-15" (35-38 cm)	14"-16" (35-40 cm)
L	21" - 23.5" (53-60 cm)	15"-17" (38-43 cm)	16"-18" (40-45 cm)
XL	23.5" - 26.5" (60-67 cm)	17"-19" (43-48 cm)	18"-20" (45-50 cm)
XXL	26.5" - 29.5" (67-75 cm)	19"-21" (48-53 cm)	20"-22" (50-55 cm)
XXXL	29.5" - 32" (75-83 cm)	21"-23" (53-58 cm)	22"-24" (55-60 cm)



1. Stand with your legs shoulder-width apart, legs slightly bent and leg muscles contracted.



2. Measure up six inches from the center of your knee with a tape measure, as shown.



3. Measure the circumference of your thigh at the 6-inch mark, as shown.



4. Measure down six inches from the center of your knee with a tape measure, as shown. Then measure the circumference of your calf at the 6-inch mark.