

Arm Sleeve

Size	Wrist Circumference	Elbow Circumference	Upper-Arm Circumference
Small	13 - 15 cm	20 - 25 cm	22 - 30 cm
Medium	15 - 17 cm	23 - 28 cm	25 - 33 cm
Large	17 - 19 cm	26 - 31 cm	29 - 37 cm
X-Large	19 - 21 cm	29 - 34 cm	33 - 41 cm