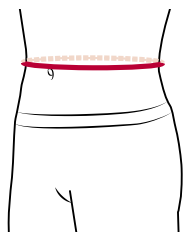




MEASURE TRUE



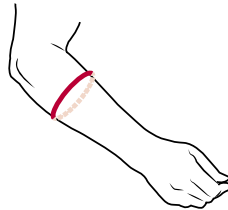
WAIST

Stand with stomach relaxed (c'mon, you're among friends here). Measure the minimum circumference (skinniest part) in the waist area. Tape should be parallel with the floor.



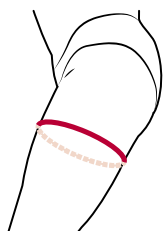
WRIST

Keeping wrist straight, measure directly over joint, including wrist bones.



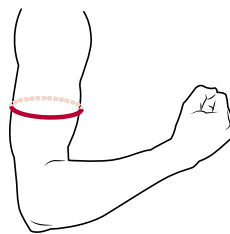
FOREARM

With your arm slightly flexed, measure the fullest part of your forearm, typically midway between your wrist and elbow.



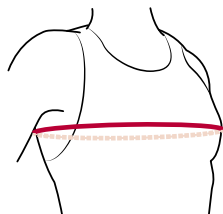
THIGH

Stand and measure the maximum circumference (meatiest part) of your upper leg near the crotch.



BICEP

With your arm slightly flexed (remember, "slightly"), measure the fullest part of upper arm/bicep. When ordering a pair, take measurements of both arms and use the average of the results.



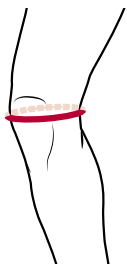
CHEST

Stand and measure around the fullest part of your chest. Tape should be parallel with the floor. (No superhero chest puffing).



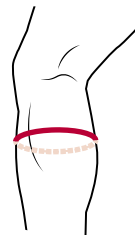
FOOT

Measure circumference at center of arch directly over top of instep.



KNEE

Measure the knee to be protected (you likely figured that). Stand and bend your leg just less than 45 degrees, measure around the largest part of knee, directly over the patella (kneecap).



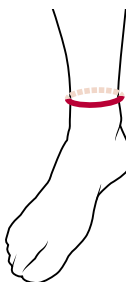
CALF

Stand and measure the calf in question (you knew this). Measure at the fullest part of the calf. When ordering a pair, take measurements of both calves and use the average of the results.



ELBOW

Bend your elbow to approximately 45 degrees and measure directly over the joint. When ordering a pair, take measurements of both elbows and use the average of the results.



ANKLE

Stand and measure ankle circumference 1"/25cm above center of inner ankle bone tip (the knobby bits). If you measure while seated, flex your foot slightly back toward yourself as you measure.



PRODUCT SIZING

PERFORMANCE » SOCKS AND SLEEVES:

TARGETED COMPRESSION™ SOCKS AND SLEEVES (8831 / 8832 / 8836 / 8841 / 8846)

SIZE:	XS	S	M	L	XL	2XL
Calf circumference:	12.5-13" / 32-33cm	13-14" / 33-36cm	15-16" / 38-41cm	16-17" / 41-43cm	17-17.5" / 43-44cm	17.5-18" / 44-46cm
Men's shoe size:	4-6	6-8	8-10	10-12	12-14	14-16
Women's shoe size:	5-7	7-9	9-11	11-13	—	—

COMPRESSION CALF SLEEVES (6577 / 6577RF / 6578)

SIZE:	S	M	L
Calf circumference:	12-13" / 30-33cm	14-15" / 36-38cm	16-17" / 41-43cm

COMPRESSION ARM SLEEVES (656 / 6566 / 6566RF / 6579)

SIZE:	XS	S	M	L
Forearm circumference: (Just below elbow)	6.5-8" / 17-20cm	8-9.5" / 20-24cm	9.5-11" / 24-28cm	11-13" / 28-33cm

PERFORMANCE & PROTECTIVE APPAREL:

MEN'S APPAREL

SIZE:	S	M	L	XL	2XL	3XL
Chest size:	34-36" / 86-91cm	36-40" / 91-102cm	40-44" / 102-112cm	44-48" / 112-122cm	48-52" / 122-132cm	52-56" / 132-142cm
Waist size:	28-30" / 71-76cm	30-34" / 76-86cm	34-38" / 86-97cm	38-42" / 97-107cm	42-46" / 107-117cm	46-50" / 117-127cm

YOUTH APPAREL

SIZE:	S	M	L	XL
Chest size:	25-26.5" / 64-67cm	26.5-29.5" / 67-75cm	29.5-33" / 75-84cm	33-36" / 84-91cm
Waist size:	22-24" / 56-61cm	24-26" / 61-66cm	26-30" / 66-76cm	30-34" / 76-86cm

PROTECTION » CUP & SUPPORT:

CUP (3020)

SIZE:	PEEWEE	YOUTH	TEEN	ADULT
Age:	4-6	7-12	12-15	15+

SHORTS / BOXERS / SUPPORTERS (325 / 3110 / 9110 / 9130 / 9140)

PEEWEE:	REG	L	YOUTH:	REG	L	TEEN:	REG	L
Waist size:	22-23" / 56-58cm	23-24" / 58-61cm	Waist size:	24-26" / 61-66cm	25-27" / 64-69cm	Waist size:	26-30" / 66-76cm	30-34" / 76-86cm
ADULT:	S	M	L	XL	2XL	3XL		
Waist size:	28-30" / 71-76cm	30-34" / 76-86cm	34-38" / 86-97cm	38-42" / 97-107cm	42-46" / 107-117cm	46-50" / 117-127cm		

PROTECTION » HEX® / HEX® TUF PADS AND SLEEVES:

HEX / HEX TUF KNEE / ELBOW / SHIN PADS (645 / 6515XDD)

SIZE:	YOUTH	XS	S	M	L	XL	2XL
Body part circumference: (Knee / elbow / shin)	9-10" 22.9-25.4cm	10-11" 25.4-27.9cm	11-12.5" 27.9-31.8cm	12.5-14" 31.8-35.6cm	14-16" 35.6-40.6cm	16-18.5" 40.6-47cm	18.5-21" 47-53.3cm

HEX TUF VOLLEYBALL KNEE PADS (6452XDD)

SIZE:	XS	S	M	L	XL
Knee circumference:	12-13" / 30-33cm	13-14.5" / 33-36.8cm	14.5-15.5" / 36.8-39.4cm	15.5-16.5" / 39.4-41.9cm	16.5-18.5" / 41.9-47cm



PROTECTION » HEX® / HEX® TUF PADS AND SLEEVES:

HEX FOREARM SLEEVES (651)

SIZE:	XS	S	M	L	XL	2XL
Forearm circumference: (Fulltest part of forearm)	7-8" 17.8-20.3cm	8-9.5" 20.3-24.1cm	9.5-11" 24.1-27.9cm	11-12" 27.9-30.5cm	12-14" 30.5-35.6cm	15-17" 38.1-43.2cm

HEX ARM SLEEVES (6500 / 6500Y / 6501)

SIZE:	YOUTH	XS	S	M	L
Elbow circumference: (Center of elbow)	7.5-9" 19.1-22.9cm	9-10" 22.9-25.4cm	10-11" 25.4-27.9cm	11-12" 27.9-30.5cm	12-13" 30.5-33cm

HEX KNEE / ELBOW / SHIN PADS (6440 / 6440Y)

SIZE:	YOUTH	XS	S	M	L	XL	2XL
Elbow circumference:	7.5-9" / 19-23cm	9-10" / 23-25cm	10-11" / 25-28cm	11-12" / 28-30cm	12-13" / 30-33cm	—	—
Knee circumference:	10-12" / 25-30cm	12-13" / 30-33cm	13-14.5" / 33-37cm	14.5-15.5" / 37-39cm	15.5-16.5" / 39-42cm	16.5-18.5" / 42-47cm	18.5-21" / 47-53cm
Shin/Calf circumference:	9.5-11.5" / 24-29cm	11.5-12.5" / 29-32cm	12.5-14" / 32-36cm	14-15" / 36-38cm	15-16" / 38-41cm	16-18" / 41-46cm	18-20" / 46-51cm

HEX / HEX TUF LEG SLEEVES & KNEE PADS (6440X / 6440XY / 6446 / 6446Y / 6446X / 6446XY)

SIZE:	YOUTH	S	M	L	XL	2XL
Knee circumference:	10-13" 25.4-33cm	13-14.5" 33-36.8cm	14.5-15.5" 36.8-39.4cm	15.5-16.5" 39.4-41.9cm	16.5-18.5" 41.9-47cm	18.5-21" 47-53.3cm

SPORTMED® » ANKLE / FOOT:

LACED ANKLES / DUAL COMPRESSION (195 / 199 / A101 / 5142)

SIZE:	XS	S	M	L	XL
Men's shoe size:	6-7	8-9	9-11	11-13	14-15
Women's shoe size:	7-8	9-10	10-12	12-14	15-16

ANKLE V (197)

SIZE:	S	M	L
Men's shoe size:	5-8.5	8-11.5	11+
Women's shoe size:	6-9.5	9-12.5	12+

PLANTAR FASCIA SUPPORTS (439)

SIZE:	S/M	L/XL
Men's shoe size:	6-11	11-16
Women's shoe size:	7-12	12-16

ANKLE SUPPORTS (4100 / 431 / 432 / 461 / 511 / 5115 / 5122 / 5132 / 5134 / 5135 / 5142 / 5146 / 6301)

SIZE:	S	M	L	XL	2XL
Men's shoe size:	6-9	9-11	11-13	14-15	15+
Women's shoe size:	7-10	10-12	12-14	15-16	16+

ACTIVE COMFORT ANKLE (6306)

SIZE:	XS	S	M	L	XL
Ankle circumference:	7.5-8" 19-21.6cm	8-8.5" 20.3-21.6cm	8.5-9" 21.6-22.9cm	9-9.5" 22.9-24.1cm	9.5-10" 24.1-25.4cm

BIO-LOGIX™ ANKLE (4197)

SIZE:	XS/S	M/L	XL/2XL
Men's shoe size:	-8.5	8-11	11+
Women's shoe size:	-9.5	9-12	12+
Ankle circumference:	-8.5" / -21.6cm	8.5-9.5" / 21.6-24.1cm	9.5"+ / 24.1cm+

ELITE ENGINEERED ELASTIC™ ANKLE (5146)

SIZE:	XS	S	M	L	XL	2XL
Ankle circumference:	7.5-8" 19-20.3cm	8-8.5" 20.3-21.6cm	8.5-9" 21.6-22.9cm	9-9.5" 22.9-24.1cm	9.5-10" 24.1-25.4cm	10-11" 25.4-28cm

PLANTAR FASCIITIS SLEEVE (4101)

SIZE:	S	M	L	XL
Instep size:	8-8.75" / 20.3-22.2cm	8.75-9.75" / 22.2-24.7cm	9.75-10.5" / 24.7-26.6cm	10.5-11.5" / 26.9-29.2cm
Men's shoe size:	5.5-7 / 38-40 EU	7.5-9 / 40-42 EU	9.5-11 / 43-44 EU	11.5-14 / 45-48 EU
Women's shoe size:	6.5-8 / 37-39 EU	8.5-10 / 40-41 EU	10.5-12 / 42-43 EU	12.5-15 / 44-47 EU



SPORTMED® » KNEE:

VOW KNEE WRAPS (4205 / 4203 / 4201)

SIZE:	XS	S	M	L	XL
Knee circumference:	11.5-13" / 29.2-33cm	12.75-14.25" / 32.4-36.2cm	13.75-15.25" / 34.9-38.7cm	15-16.75" / 38.1-42.5cm	16.5-18.5" / 41.9-47cm

KNEE BRACES AND SUPPORTS (401 / 402 / 410 / 421 / 422 / 425 / 429 / 429X / 510 / 5116 / 5125 / 5133 / 5140 / 5141 / 6300)

SIZE:	XS	S	M	L	XL	2XL
Knee circumference:	-12" / -30cm	12-14" / 30-36cm	14-15" / 36-38cm	15-17" / 38-43cm	17-20" / 43-51cm	20-22" / 51-56cm

KNEE SUPPORT / ADJUSTABLE AND DOUBLE (4192 / 4195)

SIZE:	S	M	L
Knee circumference:	12-14" / 30-36cm	15-17" / 38-43cm	18-20" / 46-51cm

KNEE SUPPORT / ADJUSTABLE (419)

SIZE:	S/M	L/XL
Knee circumference:	12-15" / 30-38cm	15-20" / 38-51cm

KNEE STRAP (414)

SIZE:	REG	L
Knee circumference:	13-14" / 33-41cm	17-21" / 43-53cm

BIO-LOGIX™ / OTHER KNEES (4200 / 5147 / 5149 / 6305)

SIZE:	XS	S	M	L	XL	2XL
Knee circumference:	11.5-12.5" / 29.2-31.8cm	12.25-13.25" / 31.1-33.7cm	13-14" / 33-35.6cm	13.75-14.75" / 34.9-37.5cm	14.5-15.5" / 36.8-39.4cm	15.25-16.25" / 38.7-41.3cm

SPORTMED® » THIGH / CALF / BACK / WAIST:

CALF SLEEVE (441)

SIZE:	S	M	L	XL
Calf circumference:	12-14" / 30-36cm	14-15" / 36-38cm	15-17" / 38-43cm	17-18" / 43-46cm

SHIN SPLINT SLEEVE (4102)

SIZE:	S	M	L	XL
Calf circumference:	12.5-13.5" / 32-34.5cm	13.5-15" / 34.5-38cm	15.5-17" / 39.5-43cm	17.5-19" / 44.5-48cm

THIGH SLEEVES (514)

SIZE:	S	M	L	XL
Thigh circumference:	18-20" / 46-51cm	20-22" / 51-56cm	22-25" / 56-64cm	25-28" / 64-71cm

BACK SUPPORTS (493 / 495 / 496 / 5119)

SIZE:	M (REG)	L
Waist size:	27-42" / 69-107cm	36-52" / 91-132cm

SPORTMED® » ARM:

ELBOW SUPPORTS (485 / 489 / 512 / 5130 / 5143 / 6302)

SIZE:	XS	S	M	L	XL
Elbow circumference:	7-8" / 18-20cm	8-9.5" / 20-24cm	9.5-11" / 24-28cm	11-12" / 28-30cm	12-14" / 30-36cm

WRIST SLEEVE (5120 / 513 / 5131)

SIZE:	S/M	L/XL
Wrist circumference:	Under 7" / 18cm	Over 7" / 18cm

SHOULDER SUPPORT (462)

SIZE:	REG	L
Chest size:	30-36" / 76-91cm	36-50" / 91-127cm

SHOULDER WRAP (463 / 5126)

SIZE:	S	M	L
Chest size:	30-36" / 76-91cm	36-42" / 91-107cm	42-50" / 107-127cm

ACTIVE COMFORT ELBOW (6307)

SIZE:	XS	S	M	L	XL
Arm circumference:	8-9" / 20.3-22.9cm	8.75-9.75" / 22.2-24.8cm	9.5-10.5" / 24.1-26.7cm	10.25-11.25" / 26-28.6cm	11-12" / 27.9-30.5cm