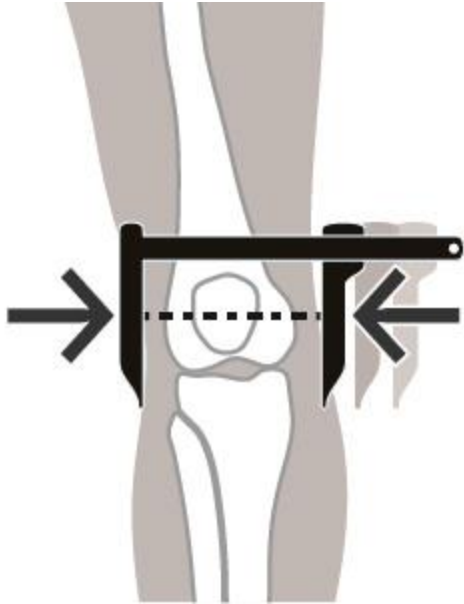


# Sizing Guide

SIZE	Youth / Youth Tall	X-Small	Small	Medium	Large	X-Large	2X-Large	3X+
<b>By Knee Width</b>	3.46 - 3.70" 88 - 94 mm	3.70 - 4.01" 94 - 102 mm	4.01 - 4.25" 102 - 108 mm	4.25 - 4.48" 108 - 114 mm	4.48 - 4.72" 114 - 120 mm	4.72 - 5.00" 120 - 127 mm	5.00 - 5.27" 127 - 134 mm	5.27 - 5.55" 134 - 141 mm
<b>By Knee Circumference</b>	10.80 - 11.60" 275 - 295 mm	11.60 - 12.60" 295 - 320 mm	12.60 - 13.40" 320 - 340 mm	13.40 - 14.10" 340 - 360 mm	14.10 - 14.80" 360 - 380 mm	14.80 - 15.80" 380 - 402 mm	15.80 - 16.80" 402 - 420 mm	16.80 - 17.40" 420 - 442 mm
<b>KB</b>			SM	MD	LG	XL		
<b>K4</b>		XS / SM		MD / LG		XL / 2X		3X+
<b>K4<sub>YTH</sub></b>	YTH / YTHT							
<b>KS</b>	YTH / YTHT / XS / SM			MD / LG		XL / 2X		3X+
<b>Knee Sleeve</b>								

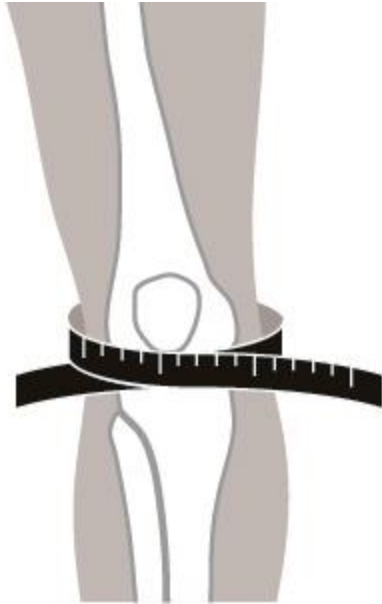
**NOTE:** Due to varying shapes, knee measurements should only be used as a guide when determining the correct brace size.

## 1. KNEE WIDTH



Measure across the centre of the kneecap using a POD Sizing Tool or Calipers. Take measurements in a weight bearing position at full extension (i.e. with leg fully straight).

## **2. KNEE CIRCUMFERENCE**



Measure the circumference of the knee **directly underneath the kneecap** using a soft tape measure or string. Take measurements in a weight bearing position at full extension (i.e. with leg fully straight).

### **3. TRY BRACE ON**

Walk and bend your leg to aid the brace in settling. The brace should feel comfortably snug. If the measurements indicate you are between sizes, we recommend to go up a size.

#### **NOTE:**

Due to varying shapes, knee measurements should only be used as a guide when determining the correct brace size. It is recommended that brace fitting and adjustment be carried out by a suitable healthcare provider or through your local POD Active dealer.