



Step 1: print this document at actual size and cut out all four strips along the line
Step 2: line up the letters A,B,C,D on each strip and tape them together.
Step 3: while standing up, loop the measuring tape around your leg. Measure the circumference of your leg 6 inches (15cm) above the center of the knee cap.
Select the correct size based on the size shown on the tape

CUT HERE



PASTE BELOW A		PASTE BELOW B	PASTE BELOW C
<div>↑</div> <div>THIS IS YOUR SIZE</div> <div>Step 1: print this document at actual size and cut out all four strips along the line Step 2: line up the letters A,B,C,D on each strip and tape them together. Step 3: while standing up, loop the measuring tape around your leg. Measure the circumference of your leg 6 inches (15cm) above the center of the knee cap. Select the correct size based on the size shown on the tape</div> <div>↓</div> <div>6 inches above your KNEE CAP</div>	8	16	24
	8.5	16.5	24.5
	9	17	25
	9.5	17.5	25.5
	10	18	26
	10.5	18.5	26.5
	11	19	27
	11.5	19.5	27.5
	12	20	28
	12.5	20.5	28.5
	13	21	29
	13.5	21.5	29.5
	14	22	30
	14.5	22.5	
	15	23	
A	B	C	

