

## SIZING GUIDE

POD knee braces are size and side specific and correct sizing is vital to the performance of the brace. Due to varying shapes, knee measurements should only be used as a guide when determining the correct brace size.

<b>Size</b>	<b>Knee Width Measurements</b>		<b>Knee Circumference Measurements</b>	
Youth Medium	8.8 - 9.4 cm	3.5 - 3.7"	27.5 - 29.5 cm	10.8 - 11.6"
Youth Large	9.4 - 10.2 cm	3.7 - 4.0"	29.5 - 32.0 cm	11.6 - 12.6"
Small	10.2 - 10.8 cm	4.0 - 4.3"	32.0 - 34.0 cm	12.6 - 13.4"
Medium	10.8 - 11.4 cm	4.3 - 4.5"	34.0 - 36.0 cm	13.4 - 14.1"
Large	11.4 - 12 cm	4.5 - 4.7"	36.0 - 38.0 cm	14.1 - 14.8"
X-Large	12 - 12.7 cm	4.7 - 5.0"	38.0 - 40.2 cm	14.8 - 15.8"
XX-Large	12.7 - 13.4 cm	5.0 - 5.2"	40.2 - 42.0 cm	15.8 - 16.8"