



FREEZE SLEEVE™

HOW TO MEASURE

ANKLE



- 1 PLACE TAPE MEASURE 2 INCHES ABOVE THE BRIDGE OF THE FOOT
- 2 MEASURE CIRCUMFERENCE
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)	24-30 INCHES (61-75 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

CALF



- 1 WHILE STANDING, ARCH HEEL OFF THE GROUND TO FLEX CALF
- 2 MEASURE CIRCUMFERENCE OF THE LARGEST PORTION OF THE CALF
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)	24-30 INCHES (61-75 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

KNEE



- 1 WHILE STANDING, SLIGHTLY BEND THE KNEE TO A 30° ANGLE
- 2 MEASURE CIRCUMFERENCE OF KNEE 3 INCHES ABOVE WHERE THE KNEE BENDS
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)	24-30 INCHES (61-75 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

HAMSTRING



- 1 WHILE STANDING, SLIGHTLY BEND THE KNEE TO A 30° ANGLE
- 2 MEASURE CIRCUMFERENCE OF THE LARGEST PORTION OF THE QUAD & HAMSTRING
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)	24-30 INCHES (61-75 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

WRIST



- 1 PLACE TAPE MEASURE 2 INCHES ABOVE WHERE THE HAND MEETS THE WRIST
- 2 MEASURE CIRCUMFERENCE OF WRIST
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)	24-30 INCHES (61-75 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*

ELBOW



- 1 BEND ELBOW TO A 90° ANGLE
- 2 MEASURE CIRCUMFERENCE AROUND THE LARGEST PORTION OF BICEP/TRICEP
- 3 TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

SMALL	MEDIUM	LARGE	X LARGE	XX LARGE	XXX LARGE
8-10 INCHES (20-26 CM)	10-13 INCHES (26-33 CM)	13-16 INCHES (33-41 CM)	16-20 INCHES (41-51 CM)	20-24 INCHES (51-61 CM)	24-30 INCHES (61-75 CM)

**If you measure in between sizes, it is recommended that you order the larger size to ensure proper fit.*