

Sizing

To determine your correct size measure the widest area around your hips (as indicated in the diagram) then refer to the size chart below.

To check for correct size

To ensure the correct size is worn check that the central pod of the protective shield is sitting over, or very near to, the greater trochanter as indicated in the picture below.

Measurements refer to body size not garment dimensions. In instances where your measurements are between two sizes choose a smaller size for a firmer fit or the larger size for a more generous fit.



How to locate the greater trochanter

The hip bone (greater trochanter) is shaped like a bony ball and found at the top of the thigh bone (femur). To locate this bone, place your fingers on the side of the hip. Raise the knee slightly while noting the movement of the underlying bone.

Measurements

Measurements refer to body size not garment dimensions. In instances where your measurements are between two sizes chose a smaller size for a firmer fit or the larger size for a more generous fit.

SIZE	HIP cm	HIP ins
XXXS	79 – 86	31 – 34
XXS	86 – 91	34 – 36
XS	91 – 95	36 – 37
S	95 – 100	37 – 39
M	100 – 105	39 – 41
L	105 – 111	41 – 44
XL	111 – 118	44 – 46
XXL	118 – 123	46 – 48
XXXL	123 – 130	48 – 51