

Sleeves are interchangeable between arms and legs. Refer to the Size Chart and Measurement Guides below to ensure proper fit around your preferred treatment area. Your Freeze Sleeve should fit snug around the treated area. It's compression is not intended for support, but to hold the sleeve in place providing mobile recovery. If you are in between sizes, it is recommended that you order the larger size to ensure adequate cold therapy with compression. For specific details, refer to the Size Chart and Measurement Guides listed below.

Freeze Sleeve Sizing Guide

ANKLE

PLACE TAPE MEASURE 2 INCHES ABOVE THE BRIDGE OF THE

MEASURE CIRCUMFERENCE

TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

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

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



WHILE STANDING, ARCH HEEL OFF THE GROUND TO FLEX CALF

MEASURE CIRCUMFERENCE OF THE LARGEST PORTION OF

TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

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

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



8-10 INCHES

KNEE



1 WHILE STANDING, SLIGHTLY BEND THE KNEE TO A 30° ANGLE

WHILE STANDING, SLIGHTLY BEND THE KNEE TO A 30° ANGLE MEASURE CIRCUMFERENCE OF KNEE 3 INCHES ABOVE

TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

(41-51 CM)

16-20 INCHES 20-24 INCHES

MEASURE CIRCUMFERENCE OF THE LARGEST PORTION OF THE

TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

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

WHERE THE KNEE BENDS

13-16 INCHES

(33-41 CM)



PLACE TAPE MEASURE 2 INCHES ABOVE WHERE THE HAND MEETS THE WRIST

MEASURE CIRCUMFERENCE OF WRIST

TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

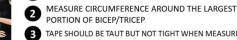
SMALL	MEDIUM	LARGE	X LARGE	XX LARGE
8-10 INCHES	10-13 INCHES	13-16 INCHES	16-20 INCHES	20-24 INCHES
(20-26 CM)	(26-33 CM)	(33-41 CM)	(41-51 CM)	(51-61 CM)

ELBOW



10-13 INCHES (26-33 CM)

1 BEND ELBOW TO A 90° ANGLE



PORTION OF BICEP/TRICEP TAPE SHOULD BE TAUT BUT NOT TIGHT WHEN MEASURING

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

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

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