

## HOW TO FIND YOUR SIZE


Follow this simple size guide before placing your order

### X-RX WRIST-SUPPORT

**5MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training

| SIZE | CM      | IN      |
|------|---------|---------|
| S    | 15-16.5 | 5.9-6.5 |
| M    | 16.5-18 | 6.5-7.1 |
| L    | 18-19.5 | 7.1-7.7 |
| XL   | 19.5-22 | 7.7-8.7 |

Keep the wrist in a neutral position and measure the circumference around the wrist joint.




## HOW TO FIND YOUR SIZE

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### X-RX ELBOW-SUPPORT

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 24-26 | 9.4-10.2  |
| M    | 26-28 | 10.2-11   |
| L    | 28-30 | 11-11.8   |
| XL   | 30-32 | 11.8-12.6 |
| XXL  | 32-34 | 12.6-13.4 |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.




## HOW TO FIND YOUR SIZE


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### X-RX LIFTING-BELT

Strong Support | Unisex | Sold Individually  
All-around support for heavy training

| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 69-81   | 27.2-31.9 |
| M    | 80-92   | 31.5-36.2 |
| L    | 91-103  | 35.8-40.5 |
| XL   | 102-114 | 40.1-44.9 |

In standing position, measure the circumference around the widest part of the stomach.




## HOW TO FIND YOUR SIZE


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### X-RX BACK-SUPPORT

**7 & 5MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training

| SIZE | CM      | IN        |
|------|---------|-----------|
| M    | 72-80   | 28.3-31.5 |
| L    | 80-90   | 31.5-35.4 |
| XL   | 90-100  | 35.4-39.4 |
| XXL  | 100-110 | 39.4-43.3 |
| XXXL | 110-120 | 43.3-47.2 |

In standing position, measure the circumference around the widest part of the stomach.




## HOW TO FIND YOUR SIZE


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### X-RX KNEE-SUPPORT

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE


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### UD X-STABLE BACK-SUPPORT

**5MM** Strong Support | Unisex | Sold Individually  
Support for training and endurance

| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 64-72   | 25.2-28.3 |
| M    | 72-80   | 28.3-31.5 |
| L    | 80-90   | 31.5-35.4 |
| XL   | 90-100  | 35.4-39.4 |
| XXL  | 100-110 | 39.4-43.3 |

In standing position, measure the circumference around the widest part of the stomach.




## HOW TO FIND YOUR SIZE


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### UD WRIST-SUPPORT

**5 & 3MM** Strong Support | Unisex | Sold Individually  
Support for training and endurance

| SIZE | CM    | IN      |
|------|-------|---------|
| S/M  | 14-18 | 5.5-7.1 |
| L/XL | 18-22 | 7.1-8.7 |

Keep the wrist in a neutral position and measure the circumference around the wrist joint.




## HOW TO FIND YOUR SIZE

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### UD RUNNER'S KNEE/ITBS-TIGHTS MEN

**2MM** Light Support | Sold Individually  
All-around support for endurance training

| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 90-96   | 35.4-37.8 |
| M    | 96-102  | 37.8-40.1 |
| L    | 102-108 | 40.1-42.5 |
| XL   | 108-114 | 42.5-44.9 |
| XXL  | 114-120 | 44.9-47.2 |

In standing position, measure the circumference around the hips.




## HOW TO FIND YOUR SIZE


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### UD STABLE KNEE-SUPPORT

**5 & 3.5MM** Strong Support | Unisex | Sold Individually  
All-around support for training and endurance

| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 16.9-18.1 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE


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### UD PATELLA STABILIZING KNEE-SUPPORT

**3MM** Medium Support | Unisex | Sold Individually  
All-around support for training and endurance

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

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### UD RUNNER'S KNEE/ITBS-TIGHTS WOMEN

**2MM** Light Support | Sold Individually  
All-around support for endurance training

| SIZE | CM      | IN        |
|------|---------|-----------|
| XS   | 84-90   | 33.1-35.4 |
| S    | 90-96   | 35.4-37.8 |
| M    | 96-102  | 37.8-40.1 |
| L    | 102-110 | 40.1-43.3 |
| XL   | 110-118 | 43.3-46.4 |

In standing position, measure the circumference around the hips.




## HOW TO FIND YOUR SIZE


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### UD LACE-UP ANKLE-SUPPORT

Medium Support | Unisex | Sold Individually  
Strong support for athletes

| SIZE | CM        | IN    |
|------|-----------|-------|
| XS   | 25.5-28.0 | 10-11 |
| S    | 28.0-30.5 | 11-12 |
| M    | 30.5-33.0 | 12-13 |
| L    | 33.0-35.5 | 13-14 |
| XL   | 35.5-38.0 | 14-15 |

Place the sole on the floor and measure the circumference around the ankle.




## HOW TO FIND YOUR SIZE

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### UD KNEE-STRAP JUNIOR

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE     | CM    | IN       |
|----------|-------|----------|
| one size | 21-27 | 8.3-10.6 |

Additional larger sizes are available in the: UD Knee-Strap.

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE


Follow this simple size guide before placing your order

### UD KNEE-SLEEVE PATELLA OPENING

5MM Medium Support | Unisex | Sold Individually  
All-around support for training and endurance

| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 16.9-18.1 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE


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### UD KNEE-STRAP

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM    | IN        |
|------|-------|-----------|
| S/M  | 27-35 | 10.6-13.8 |
| L/XL | 35-43 | 13.8-16.9 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE

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### UD ELBOW-SLEEVE

3MM Medium Support | Unisex | Sold Individually  
All-around support for training and endurance

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 24-26 | 9.4-10.2  |
| M    | 26-28 | 10.2-11   |
| L    | 28-30 | 11-11.8   |
| XL   | 30-32 | 11.8-12.6 |
| XXL  | 32-34 | 12.6-13.4 |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.



## HOW TO FIND YOUR SIZE


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### UD KNEE-SLEEVE PATELLA OPENING JUNIOR

5MM Medium Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 26-28 | 10-11.5   |
| M    | 28-30 | 11.2-11.8 |
| L    | 30-32 | 11.8-12.5 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### UD ACHILLES-SUPPORT

1.5MM Light Support | Unisex | One pair  
All-around support for endurance training

| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 32-34 | 12.6-13.4 |
| S    | 34-36 | 13.4-14.2 |
| M    | 36-38 | 14.2-15   |
| L    | 38-41 | 15-16.1   |
| XL   | 41-44 | 16.1-17.3 |

Keep the knee slightly (30°) bent and measure circumference around widest part of calf.



## HOW TO FIND YOUR SIZE


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### RX WRIST-SUPPORT

**5MM** Strong Support | Unisex | Sold as a pair  
All-around support for heavier training

| SIZE | CM      | IN      |
|------|---------|---------|
| S    | 15-16.5 | 6.1-6.5 |
| M    | 16.5-18 | 6.5-7.1 |
| L    | 18-19.5 | 7.1-7.7 |
| XL   | 19.5-22 | 7.7-8.7 |

Keep the wrist in a neutral position and measure the circumference around the wrist joint.




## HOW TO FIND YOUR SIZE

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### RX ORIGINAL V KNEE-SLEEVE

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



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### RX THUMB-SLEEVE

Protection for hook grip | Sold as a pair

|      | CM | IN   |
|------|----|------|
| S/M  | ~6 | ~2.4 |
| L/XL | ~7 | ~2.8 |

Thumb circumference



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### RX ORIGINAL KNEE-SLEEVE

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

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### RX SHIN & CALF-SLEEVE

**5MM** Medium Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 32-34 | 12.6-13.4 |
| S    | 34-36 | 13.4-14.2 |
| M    | 36-38 | 14.2-15   |
| L    | 38-41 | 15-16.1   |
| XL   | 41-44 | 16.1-17.3 |

Keep the knee slightly (30°) bent and measure circumference around widest part of calf.




## HOW TO FIND YOUR SIZE

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### RX ORIGINAL ELBOW-SLEEVE

**5MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 24-26 | 9.4-10.2  |
| M    | 26-28 | 10.2-11   |
| L    | 28-30 | 11-11.8   |
| XL   | 30-32 | 11.8-12.6 |
| XXL  | 32-34 | 12.6-13.4 |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.




## HOW TO FIND YOUR SIZE

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### RX KNEE-SLEEVE POWER MAX

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

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### RX KNEE-SLEEVE

**5MM** Medium Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| XXS  | 29-31 | 11.4-12.2 |
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

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### RX KNEE-SLEEVE JUNIOR

**5MM** Medium Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 26-28 | 10-11.5   |
| M    | 28-30 | 11.2-11.8 |
| L    | 30-32 | 11.8-12.5 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

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### RX KNEE-SLEEVE

**3MM** Light Support | Unisex | Sold Individually  
All-around support for endurance training



| SIZE | CM    | IN        |
|------|-------|-----------|
| XXS  | 29-31 | 11.4-12.2 |
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




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### RX KNEE-SLEEVE

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training



| SIZE | CM    | IN        |
|------|-------|-----------|
| XXS  | 29-31 | 11.4-12.2 |
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

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### RX BACK-SUPPORT

**7MM** Strong Support | Unisex | Sold Individually  
All-around support for heavier training



| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 64-72   | 25.2-28.3 |
| M    | 72-80   | 28.3-31.5 |
| L    | 80-90   | 31.5-35.4 |
| XL   | 90-100  | 35.4-39.4 |
| XXL  | 100-110 | 39.4-43.3 |

In standing position, measure the circumference around the widest part of the stomach.




# HOW TO FIND YOUR SIZE

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## QD THIGH-SUPPORT

**5MM** Medium Support | Unisex | Sold Individually  
All-around support for training and endurance



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 45-48 | 17.7-18.9 |
| S    | 48-51 | 18.9-20.1 |
| M    | 51-54 | 20.1-21.3 |
| L    | 54-57 | 21.3-22.4 |
| XL   | 57-61 | 22.4-24   |
| XXL  | 61-65 | 24-25.6   |

Keep the knee slightly (30°) bent and measure circumference around the widest part of the thigh.




# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## QD THERMAL ZONE-TOP MEN

**2MM** Sold Individually  
All-around support for athletes



| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 92-96   | 37-38.5   |
| M    | 96-102  | 38.5-40   |
| L    | 102-108 | 40-42.5   |
| XL   | 108-114 | 42.5-44.8 |
| XXL  | 114-122 | 44.8-48   |

Measure the circumference of the widest part of the chest.



# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## QD THIGH-SUPPORT

**3MM** Light Support | Unisex | Sold Individually  
All-around lightweight support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 46-48 | 18.1-18.9 |
| S    | 48-50 | 18.9-19.7 |
| M    | 50-52 | 19.7-20.5 |
| L    | 52-54 | 20.5-21.3 |
| XL   | 54-56 | 21.3-22   |

Keep the knee slightly (30°) bent and measure circumference around the widest part of the thigh.




# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## QD THERMAL ZONE-SHORTS WOMEN

**2MM** Sold Individually  
All-around support for athletes



| SIZE | CM      | IN        |
|------|---------|-----------|
| XS   | 84-90   | 33-35     |
| S    | 90-96   | 35-37.7   |
| M    | 96-102  | 37.7-40   |
| L    | 102-108 | 40-42.5   |
| XL   | 108-114 | 42.5-44.8 |

In standing position, measure the circumference around the hips.




# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## QD THERMAL ZONE-TOP WOMEN

**2MM** Sold Individually  
All-around support for athletes



| SIZE | CM      | IN        |
|------|---------|-----------|
| XS   | 81-85   | 31-33.4   |
| S    | 85-91   | 33.4-35   |
| M    | 91-97   | 35-38     |
| L    | 97-103  | 38-40.5   |
| XL   | 103-111 | 40.5-43.7 |

Measure the circumference of the widest part of the chest.




# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## QD THERMAL ZONE-SHORTS MEN

**2MM** Sold Individually  
All-around support for athletes



| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 90-96   | 35-37     |
| M    | 96-102  | 37-40     |
| L    | 102-108 | 40-42.5   |
| XL   | 108-114 | 42.5-44.8 |
| XXL  | 114-120 | 44.8-47   |

In standing position, measure the circumference around the hips.




## HOW TO FIND YOUR SIZE

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### QD THERMAL-SHORTS

**1.5MM** Light Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE  | CM  | IN   |
|-------|-----|------|
| XS    | 60  | 23.6 |
| S     | 70  | 27.6 |
| M     | 80  | 31.5 |
| L     | 90  | 35.4 |
| XL    | 100 | 39.4 |
| **XXL | 110 | 43.3 |

In standing position, measure the circumference around the widest part of the stomach.

\*Red and White not available in XXL



## HOW TO FIND YOUR SIZE

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### QD SHIN & CALF-SLEEVE

**1.5 & 3MM** Light Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 32-34 | 12.6-13.4 |
| S    | 34-36 | 13.4-14.2 |
| M    | 36-38 | 14.2-15   |
| L    | 38-41 | 15-16.1   |
| XL   | 41-44 | 16.1-17.3 |

Keep the knee slightly (30°) bent and measure circumference around widest part of calf.




## HOW TO FIND YOUR SIZE

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### QD SHOULDER-SUPPORT

**3MM** Medium Support | Unisex | Sold Individually  
Support for training and endurance



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 27-29 | 10.6-11.4 |
| M    | 29-31 | 11.4-12.2 |
| L    | 31-33 | 12.2-13   |
| XL   | 33-35 | 13-13.8   |

Measure the circumference around the widest part of biceps.



## HOW TO FIND YOUR SIZE

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### QD PRONATION-SUPINATION-WEDGE

Unisex | One pair

|   | EURO  | UK      | US MEN  | US WOMEN | MONDO-POINT |
|---|-------|---------|---------|----------|-------------|
| 1 | 37-38 | 4-5.5   | 5-6.5   | 6-7.5    | 23.5-24     |
| 2 | 39-40 | 6-7.5   | 7-7.5   | 8-9.5    | 25-25.5     |
| 3 | 41-42 | 8-9.5   | 8-9.5   | 10-11.5  | 26.5-27     |
| 4 | 43-44 | 10-11.5 | 10-11.5 | 12-13.5  | 28-28.5     |
| 5 | 45-46 | 12-12.5 | 12-13   | 14-15.5  | 29.5-30.5   |




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### QD SHIN & CALF-SLEEVE

**5MM** Medium Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 34-36 | 13.4-14.2 |
| M    | 36-38 | 14.2-15   |
| L    | 38-41 | 15-16.1   |
| XL   | 41-44 | 16.1-17.3 |
| XXL  | 44-47 | 17.3-18.5 |

Keep the knee slightly (30°) bent and measure circumference around widest part of calf.



## HOW TO FIND YOUR SIZE

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### QD MULTI-PAD

Unisex | One pair

|        | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|--------|-------|-------|---------|----------|-------------|
| SMALL  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| MEDIUM | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| LARGE  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



## HOW TO FIND YOUR SIZE

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### QD METATARSAL-PAD

Unisex | One pair

|        | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|--------|-------|-------|---------|----------|-------------|
| SMALL  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| MEDIUM | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| LARGE  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



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### QD KNITTED ELBOW-SLEEVE

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM    | IN       |
|------|-------|----------|
| S/M  | 24-27 | 9.4-10.6 |
| L/XL | 28-32 | 11-12.6  |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD KNITTED WRIST-SUPPORT

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM    | IN      |
|------|-------|---------|
| S    | 15-16 | 5.9-6.3 |
| M    | 17-18 | 6.7-7.1 |
| L    | 19-20 | 7.5-7.9 |

Keep the wrist in a neutral position and measure the circumference around the wrist joint.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD KNITTED BACK-SUPPORT

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM      | IN        |
|------|---------|-----------|
| S/M  | 75-100  | 29.5-39.3 |
| L/XL | 100-125 | 39.3-49.2 |

In standing position, measure the circumference around the widest part of the stomach.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD KNITTED KNEE-SLEEVE

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 34-36 | 13.4-14.2 |
| M    | 37-39 | 14.6-15.4 |
| L    | 40-42 | 15.7-16.5 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD KNITTED ANKLE-SUPPORT

Light Support | Unisex | Sold Individually  
All-around support for athletes

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 29-31 | 11.4-12.2 |
| M    | 32-34 | 12.6-13.4 |
| L    | 35-37 | 13.8-14.6 |

Place the sole on the floor and measure the circumference around the ankle.





## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD KNEE-SLEEVE

**3MM** Light Support | Unisex | Sold Individually  
All-around lightweight support for athletes



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 28-30 | 11-11.8   |
| S    | 30-33 | 11.8-13   |
| M    | 33-36 | 13-14.2   |
| L    | 36-39 | 14.2-15.4 |
| XL   | 39-42 | 15.4-16.5 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD HEEL CUP SILICONE

Unisex | One pair

|               | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|---------------|-------|-------|---------|----------|-------------|
| <b>SMALL</b>  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| <b>MEDIUM</b> | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| <b>LARGE</b>  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD HEEL-WEDGE

Unisex | One pair

|               | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|---------------|-------|-------|---------|----------|-------------|
| <b>SMALL</b>  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| <b>MEDIUM</b> | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| <b>LARGE</b>  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD GEL-INSOLE

Unisex | One pair

|               | EURO  | UK      | US MEN  | US WOMEN | MONDO-POINT |
|---------------|-------|---------|---------|----------|-------------|
| <b>SMALL</b>  | 35-36 | 2-3.5   | 3.5-4.5 | 4-5.5    | 22-22.5     |
| <b>MEDIUM</b> | 37-38 | 4-5.5   | 5-6.5   | 6-7.5    | 23.5-24     |
| <b>LARGE</b>  | 39-40 | 6-7.5   | 7-7.5   | 8-9.5    | 25-25.5     |
| <b>XL</b>     | 41-42 | 8-9.5   | 8-9.5   | 10-11.5  | 26.5-27     |
| <b>XXL</b>    | 43-44 | 10-11.5 | 10-11.5 | 12-13.5  | 28-28.5     |
| <b>XXXL</b>   | 45-46 | 12-12.5 | 12-13   | 14-15.5  | 29.5-30.5   |
| <b>XXXXL</b>  | 47-48 | 13-14.5 | 14-15   | 16-17    | 31-32       |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD HEEL CUP SOFT SILICONE

Unisex | One pair

|               | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|---------------|-------|-------|---------|----------|-------------|
| <b>SMALL</b>  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| <b>MEDIUM</b> | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| <b>LARGE</b>  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD FOREARM-SLEEVE

**1.5MM** Light Support | Unisex | One pair  
All-around support for athletes

| SIZE | CM      | IN      |
|------|---------|---------|
| S    | 15-16.5 | 5.9-6.2 |
| M    | 16.5-18 | 6.2-7   |
| L    | 18-19.5 | 7-8.2   |

Measurement around the wrist joint




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD ELBOW-SLEEVE

3MM Medium Support | Unisex | Sold Individually  
All-around support for athletes



Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.

| SIZE | CM    | IN      |
|------|-------|---------|
| XS   | 21-23 | 8.3-9.1 |
| S    | 23-25 | 9.1-9.8 |
| M    | 25-28 | 9.8-11  |
| L    | 28-31 | 11-12.2 |
| XL   | 31-33 | 12.2-13 |




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION-TIGHTS WOMEN

Sold Individually  
Compression garments for athletes



In standing position, measure the circumference around the hips.

| SIZE | CM      | IN        |
|------|---------|-----------|
| XS   | 84-90   | 33-35     |
| S    | 90-96   | 35-37.7   |
| M    | 96-102  | 37.7-40   |
| L    | 102-108 | 40-42.5   |
| XL   | 108-114 | 42.5-44.8 |




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION-TOP WOMEN

Sold Individually  
Compression garments for athletes



Measure the circumference of the widest part of the chest.

| SIZE | CM      | IN        |
|------|---------|-----------|
| XS   | 81-85   | 31-33.4   |
| S    | 85-91   | 33.4-35   |
| M    | 91-97   | 35-38     |
| L    | 97-103  | 38-40.5   |
| XL   | 103-111 | 40.5-43.7 |




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION-TIGHTS MEN

Sold Individually  
Compression wear for athletes



In standing position, measure the circumference around the hips.

| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 90-96   | 35.4-37.8 |
| M    | 96-102  | 37.8-40.1 |
| L    | 102-108 | 40.1-42.5 |
| XL   | 108-114 | 42.5-44.9 |
| XXL  | 114-120 | 44.9-47.2 |




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION-TOP MEN

Sold Individually  
Compression garments for athletes



Measure the circumference of the widest part of the chest.

| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 86-92   | 33.8-36.2 |
| M    | 92-98   | 36.2-38.6 |
| L    | 98-104  | 38.6-40.9 |
| XL   | 104-110 | 40.9-43.3 |
| XXL  | 110-116 | 43.3-45.7 |
| XXXL | 116-122 | 45.7-48   |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION-SOCKS

Unisex | One pair  
Compression garments for athletes

|         | EURO  | UK     | US MEN | US WOMEN |
|---------|-------|--------|--------|----------|
| X-SMALL | 35-37 | 2.5-4  | 3-5    | 4.5-6    |
| SMALL   | 37-39 | 4-6    | 5-6.5  | 6-8      |
| MEDIUM  | 39-41 | 6-7    | 6.5-8  | 8-9.5    |
| LARGE   | 41-43 | 7-8.5  | 8-9.5  | 9.5-11   |
| X-LARGE | 43-46 | 8.5-11 | 9.5-12 | 11-13.5  |

Shoe size




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION SHORTS BLUE

Sold Individually  
All-around support for athletes



| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 90-96   | 35-37     |
| M    | 96-102  | 37-40     |
| L    | 102-108 | 40-42.5   |
| XL   | 108-114 | 42.5-44.8 |
| XXL  | 114-120 | 44.8-47   |

In standing position, measure the circumference around the hips.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD BONE SPUR-PAD

Unisex | One pair

|               | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|---------------|-------|-------|---------|----------|-------------|
| <b>SMALL</b>  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| <b>MEDIUM</b> | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| <b>LARGE</b>  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION CALF-SLEEVES

Unisex | One pair  
Compression garments for athletes

| SIZE     | CM    | IN        |
|----------|-------|-----------|
| S/M      | 34-38 | 13.4-15   |
| L/XL     | 38-43 | 15-16.9   |
| XXL/XXXL | 43-49 | 16.9-19.3 |

Keep the knee slightly (90°) bent and measure circumference around widest part of calf.




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD BACK-SUPPORT

3MM Light Support | Unisex | Sold Individually  
All-around lightweight support for athletes



| SIZE | CM     | IN        |
|------|--------|-----------|
| S    | 64-72  | 25.2-28.3 |
| M    | 72-80  | 28.3-31.5 |
| L    | 80-90  | 31.5-35.4 |
| XL   | 90-100 | 35.4-39.4 |

In standing position, measure the circumference around the widest part of the stomach.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD COMPRESSION ARM-SLEEVES

Unisex | One pair  
Compression garments for athletes

| SIZE     | CM    | IN        |
|----------|-------|-----------|
| S/M      | 27-31 | 10.6-12.2 |
| L/XL     | 31-35 | 12.2-13.8 |
| XXL/XXXL | 35-39 | 13.8-15.3 |

Measure the circumference (cm) around the widest part of biceps.




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD BACK-SUPPORT

5MM Light Support | Unisex | Sold Individually  
All-around support for athletes



| SIZE | CM      | IN        |
|------|---------|-----------|
| S    | 64-72   | 25.2-28.3 |
| M    | 72-80   | 28.3-31.5 |
| L    | 80-90   | 31.5-35.4 |
| XL   | 90-100  | 35.4-39.4 |
| XXL  | 100-110 | 39.4-43.3 |

In standing position, measure the circumference around the widest part of the stomach.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD ARCH-SUPPORT

Unisex | One pair

|               | EURO  | UK    | US MEN  | US WOMEN | MONDO-POINT |
|---------------|-------|-------|---------|----------|-------------|
| <b>SMALL</b>  | 35-39 | 3-6   | 3.5-7   | 4-8.5    | 22-25       |
| <b>MEDIUM</b> | 40-43 | 6-9   | 6.5-9.5 | 9-12     | 25.5-28     |
| <b>LARGE</b>  | 44-48 | 10-13 | 10-13.5 | 12-14.5  | 28.5-32     |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN ORIGINAL KNEE-PADS JUNIOR

3MM Medium Support | Unisex | One pair

Protection for contact sports

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.

| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 26-27 | 10.2-10.6 |
| M    | 27-28 | 10.6-11   |
| L    | 28-30 | 11-11.8   |
| XL   | 30-32 | 11.8-12.6 |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD ANKLE-SUPPORT

5 & 3MM Medium Support | Unisex | Sold Individually

All-around support for training and endurance

|                | EURO  | UK     | US MEN | US WOMEN |
|----------------|-------|--------|--------|----------|
| <b>X-SMALL</b> | 35-37 | 2.5-4  | 3-5    | 4.5-6    |
| <b>SMALL</b>   | 37-39 | 4-6    | 5-6.5  | 6-8      |
| <b>MEDIUM</b>  | 39-41 | 6-7    | 6.5-8  | 8-9.5    |
| <b>LARGE</b>   | 41-43 | 7-8.5  | 8-9.5  | 9.5-11   |
| <b>X-LARGE</b> | 43-46 | 8.5-11 | 9.5-12 | 11-13.5  |

Shoe size



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN ORIGINAL KNEE-PAD

7MM Medium Support | Unisex | Sold Individually

Protection for contact sports

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.

| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 16.9-18.1 |



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### QD ANKLE-SUPPORT

3 & 1.5MM Light Support | Unisex | Sold Individually

All-around lightweight support for training

| SIZE | CM    | IN       |
|------|-------|----------|
| XS   | 19-20 | 7.4-7.9  |
| S    | 20-22 | 7.9-8.7  |
| M    | 22-24 | 8.7-9.4  |
| L    | 24-26 | 9.4-10.2 |
| XL   | 26-28 | 10.2-11  |

Place the sole on the floor and measure the circumference around the instep.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN ORIGINAL ELBOW-PAD JUNIOR

3MM Medium Support | Unisex | Sold Individually

Protection for contact sports

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.

| SIZE | CM      | IN      |
|------|---------|---------|
| S    | 19-20.5 | 7.5-8.1 |
| M    | 20.5-22 | 8.1-8.7 |
| L    | 22-23.5 | 8.7-9.3 |




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN ORIGINAL ELBOW-PAD

**3MM** Medium Support | Unisex | Sold Individually  
Protection for contact sports



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 24-26 | 9.4-10.2  |
| M    | 26-28 | 10.2-11   |
| L    | 28-30 | 11-11.8   |
| XL   | 30-32 | 11.8-12.6 |
| XXL  | 32-34 | 12.6-13.4 |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN KNEE-PAD

**7MM** Medium Support | Unisex | Sold Individually  
Protection for contact sports



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN KNEE-PADS JUNIOR

**5MM** Medium Support | Unisex | One pair  
Protection for contact sports



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 26-28 | 10.2-11   |
| M    | 28-30 | 11-11.8   |
| L    | 30-32 | 11.8-12.5 |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.



## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN KNEE-PAD

**5MM** Medium Support | Unisex | Sold Individually  
Protection for contact sports



| SIZE | CM    | IN        |
|------|-------|-----------|
| XS   | 31-33 | 12.2-13   |
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




## HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

### PRN KNEE-PAD

Medium Support | Unisex | Sold Individually  
Protection for contact sports



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 33-35 | 13-13.8   |
| M    | 35-37 | 13.8-14.6 |
| L    | 37-40 | 14.6-15.7 |
| XL   | 40-43 | 15.7-16.9 |
| XXL  | 43-46 | 17-18.1   |

Keep the knee slightly (30°) bent and measure circumference 10 cm below the patella.




# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## PRN ELBOW-PAD SPEED

7MM Medium Support | Unisex | Sold Individually  
Protection for contact sports



| SIZE | CM    | IN        |
|------|-------|-----------|
| S    | 24-26 | 9.4-10.2  |
| M    | 26-28 | 10.2-11   |
| L    | 28-30 | 11-11.8   |
| XL   | 30-32 | 11.8-12.6 |
| XXL  | 32-34 | 12.6-13.4 |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.



# HOW TO FIND YOUR SIZE

Follow this simple size guide before placing your order

## PRN ELBOW-PAD SPEED JUNIOR

Medium Support | Unisex | Sold Individually  
Protection for contact sports



| SIZE | CM      | IN      |
|------|---------|---------|
| S    | 19-20.5 | 7.5-8.1 |
| M    | 20.5-22 | 8.1-8.7 |
| L    | 22-23.5 | 8.7-9.3 |

Keep the elbow slightly (30°) bent and measure the circumference around the elbow joint.

