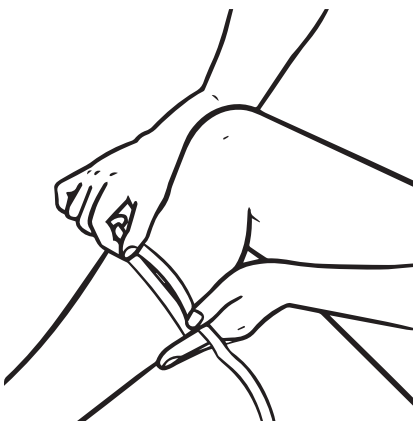


1. Using a measuring tape, measure and mark 6 inches above your knee and 6 inches below your knee. This will give you the two points where you will measure the circumference of your leg.



2. Wrap the measuring tape around the leg 6 inches above the knee, making sure it is snug but not too tight. Make a note of the measurement.



3. Next, wrap the measuring tape around the leg 6 inches below the knee, again making sure it is snug but not too tight. Take note of the measurement..

With these three measurements, you can determine the size of the knee brace you need. It is recommended to consult with a medical professional or the manufacturer of the knee brace to ensure you select the correct size.