

RecoveryPulse Arm Size Chart

For a proper fit of your RecoveryPulse Arm compression sleeve, measure the circumference of your bicep. Use this length to select your size from the chart below. RecoveryPulse Arm is intended to fit tightly, to ensure maximum compression benefits. If you're in-between sizes and brand new to compression, we recommend sizing up for the best experience. If you use compression garments often, go ahead and size down.

Size	cm	in
XS	22 - 26	8.6 - 10.2"
S	23 - 30	9.0 - 11.8"
M	27 - 34	10.6 - 13.4"
L	31 - 42	12.2 - 16.5"
XL	40+	15.7"

How to measure

Bicep circumference

Measure at the widest point in your biceps with your muscles relaxed.

