

SIZE	SHOE SIZE		CIRCUMFERENCE	
	MEN	WOMEN	ANKLE	CALF
SMALL	7 AND UNDER	8 AND UNDER	7" - 8.25" (18 - 21 CM)	11" - 14" (28 - 35.5 CM)
MEDIUM	7.5 - 10	9 - 11.5	8.375" - 9.625" (21.3 - 24.4 CM)	13.5" - 16" (34.3 - 40.6 CM)
LARGE	10.5 - 12	12 - 13.5	9.75" - 11" (24.7 - 28 CM)	15.5" - 18" (39.4 - 45.7 CM)
X-LARGE	12.5 AND OVER	14 AND OVER	11.125" - 12.375" (28.2 - 31.4 CM)	17.5" - 20" (44.5 - 50.8 CM)
2X-LARGE	12.5 AND OVER	14 AND OVER	12.5" - 13.75" (31.7 - 35 CM)	19.5" - 22" (49.5 - 56 CM)
3X-LARGE	12.5 AND OVER	14 AND OVER	12.5" - 13.75" (31.7 - 35 CM)	21.5" - 24" (54.6 - 61 CM)



Ankle circumference



Calf circumference