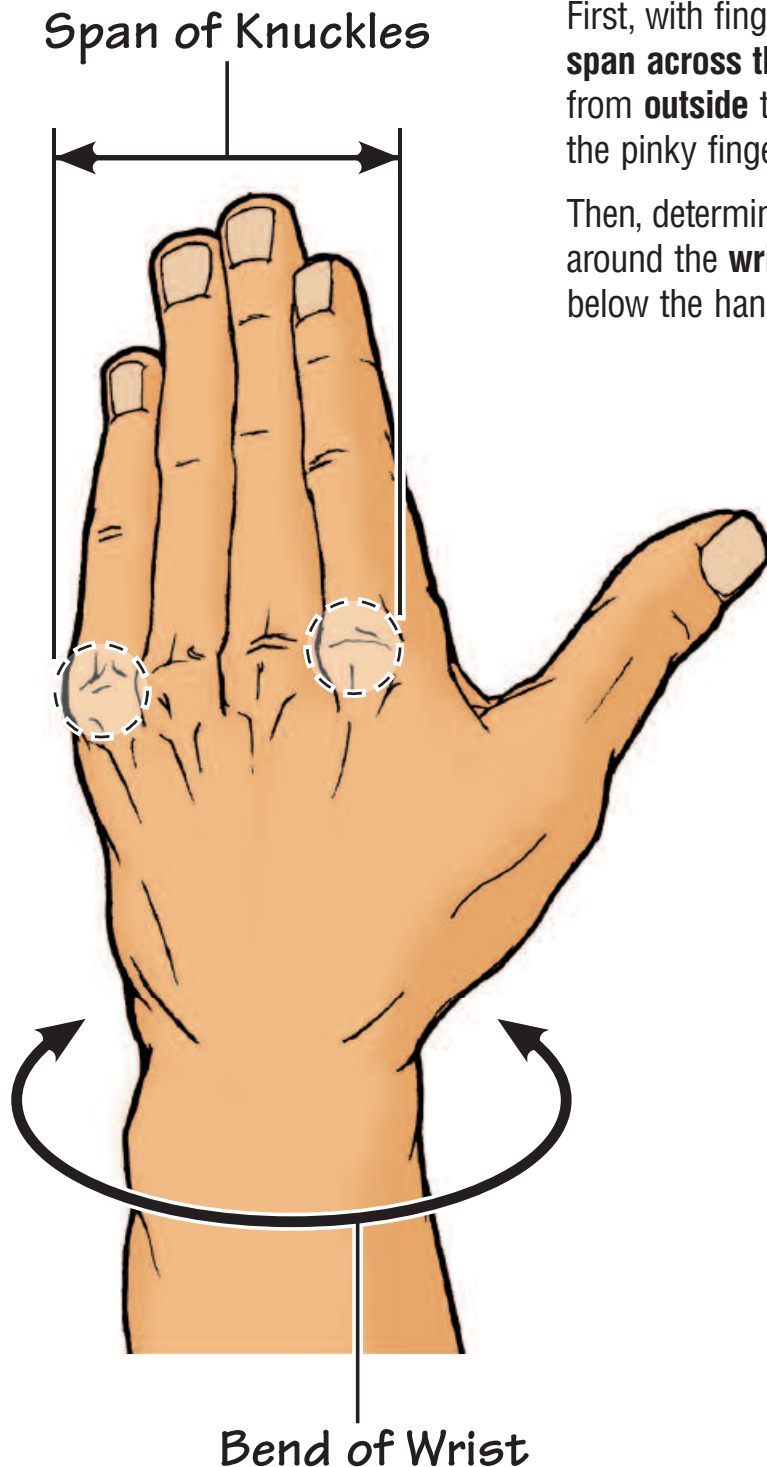


# Taking Custom Measurements for Wrist Guards



First, with fingers closed, determine the distance or **span across the knuckles**. Take this measurement from **outside** the index finger's knuckle to **outside** the pinky finger's knuckle.

Then, determine the circumference completely around the **wrist**. Take this measurement at a point below the hand **where the wrist bends**.

