

Shock Blocker™ Sizing Guide

This sizing chart was developed to help determine your optimal Shock Blocker™ size. If you feel this tool is not accurate enough, please visit your local jewelry store for a more accurate measurement of your finger. If you need a Shock Blocker™ for more than one finger (See Instructions), be sure to measure each finger separately.

Step 1

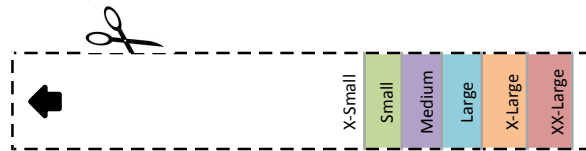
Print this page at 100% (Do not scale to fit - print the "actual size"). After cutting the Ring Sizer around the dotted edge wrap it snug around the finger you wear your Shock Blocker™ on. The arrow should be visible on the outside and on top of your finger.

Step 2

The arrow will point to one of the size zones; X-Small, Small, Medium, Large, X-Large, or XX-Large. Wherever the arrow points is the size Shock Blocker™ that will fit you best.

Step 3

If you're between sizes and prefer a more snug or loose fit, feel free to size up or down in either direction. If in doubt, a bit larger size is a safe choice since you may wear athletic tape under your Shock Blocker™ if necessary.



Shock Blocker Size	U.S. Ring Size	Circumference (In)
X - Small	4 or less	1.823
Small	Up to 5 $\frac{5}{8}$	2.009
Medium	Up to 7 $\frac{1}{2}$	2.194
Large	Up to 9 $\frac{1}{4}$	2.379
X - Large	Up to 11 $\frac{3}{8}$	2.596
XX - Large	11 $\frac{1}{2}$ or more	2.812

How Do I Choose The Correct Finger?

Step 1: Lay affected arm on a table, palm up.

Step 2: While touching the painful area of the inner or outer elbow with one hand, move each finger up and down.

Step 3: The finger that causes the highest increase in elbow pain is the finger you want to wear your Shock Blocker™ on.

Step 4: If pain is present at the inner and outer elbow, repeat the process for the other side of the elbow

REMEMBER: *In most cases, one Shock Blocker™ will work effectively, but some users may require to wear more than one Shock Blocker™