

Knee

Around: 14.25 inches (top)
12 inches (around knee)
13 inches (bottom)
Diameter: 6.5 inches
Length: 10.5 inches

Ankle

Around: 8.5 inches (top)
8 inches (bottom)
Diameter: 4.5 inches
Length: 8 inches

Elbow

Around: 10.5 inches (top)
9.25 inches (bottom)
Diameter: 5 inches
Length: 6.5 inches

Hand

Top horizontal fingered part 4 inches
Middle horizontal to thumb part 6.5 inches
Top to bottom 7.75 inches
When opening is velcroed, diameter is 2 inches

This is at resting state.