Cuff size chart: wrists and ankles

Measure, add room only if the maker doesn't, then pick the size where your number sits mid-range.

A research-based sizing tool for consenting adults aged 18+. Not a medical fit assessment. We have not tested the products mentioned.



What size cuff fits my wrist? (cm)

"Yes" means the stated range covers the whole band.

Maker or guide	Under 14	14–16	16–18	18–20	20–22	Over 22
Dark Fantasy wrist cuffs, one size [1]	No	Yes	Yes	Yes	Yes	No
Von Bondage standard [3]	Custom	From 15	Yes	Yes	To 21.5	Custom
COMMAND Underground Garage [4]	Ask	Ask	From 16.5	Yes	To 21.5	Ask
Oxy Shop faux leather set [5]	No	No	No	Yes	Yes	To 30

What size cuff fits my ankle? (cm)

Maker or guide	18–20	20–22	22–24	24–26	26–28	Over 28
Dark Fantasy ankle cuffs, one size [1]	Yes	Yes	Yes	Yes	Yes	No
COMMAND ankle chart [6]	S from 19	S	M	M to 25, L from 25	L	Custom
Von Bondage standard [3]	Custom	Yes	Yes	Yes	To 26.5	Custom

Larger limbs: KlinikBondage lists its foot cuff set as individually adjustable up to 38 cm, bed handcuffs up to 42 cm. Minimum not stated [7]. Made to measure: Restrained Grace builds adjustable cuffs from your exact wrist size, opening 2 in larger in ½ in steps [8].

Turn your measurement into a size

1. Measure both wrists and ankles; they may differ [8].
2. Check whether the maker adds room. Restrained Grace and Von Bondage do, so send your exact size [3][8].
3. If not, BondageBox UK suggests adding 1–2 cm [2]. Never add room twice.
4. Use the listing's fit range, not its strap length [9].
5. Pick a range where your number sits near the middle, not on the first or last hole [10][11].

Worked example: a 17 cm wrist, plus 1–2 cm, gives 18–19 cm. COMMAND Underground Garage (16.5–21.5 cm): near the middle, good fit [4]. Oxy Shop set (18–30 cm): at the smallest end, avoid [5]. COMMAND The Clash (17–18.5 cm): at or past the top of its range, avoid [4].

Check the fit

- Leather Bondek: you should be able to slide one finger under the cuff [13].
- HullBDSM and Sex Supply Shop: finger rules are rough, not proof of safe fit [9][10].
- Ankles: BeltBolt suggests a looser fit than wrists [12].

Strap length is not fit range

Listing	Strap length	Stated fit
COMMAND The Clash [4]	21 cm	17–18.5 cm
COMMAND Underground Garage [4]	26 cm	16.5–21.5 cm
Oxy Shop faux leather set, wrist cuffs [5]	About 36.5 cm	18–30 cm

Hole spacing: buckled leather often steps in 2 cm [2]; Restrained Grace uses ½ in [8]. A cuff on its last hole may leave too little overlap [10].

Measurement record

Step	Left wrist	Right wrist	Left ankle	Right ankle
Bare measurement				
Unit (cm or in)				
Maker adds room? (Y/N)				
Target (+1–2 cm if N)				
Listing fit range				
Mid-range? (Y/N)				

Sources: [1] Dark Fantasy: Size and fit guide. [2] BondageBox UK: Sizing and fit guide. [3] Von Bondage: Sizes. [4] COMMAND: Underground Garage and The Clash listings. [5] Oxy Shop: Faux/Vegan Leather BDSM Restraints Set. [6] COMMAND: Ankle cuffs size guide. [7] KlinikBondage: Foot cuffs set and bed handcuffs. [8] Restrained Grace: How to take your measurements. [9] Sex Supply Shop: Restraint materials and fit. [10] HullBDSM: Leather restraints, fit, lining and hardware. [11] Knotty Oso: How to measure for leather cuffs. [12] BeltBolt: Measuring for your restraints. [13] Leather Bondek: Ankle cuff size guide. Maker figures as published; check the current listing before you buy.