



for women & men

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| ANKLE                               | SMALL 7"-8.5"<br>(18-21.5cm)                | .5cm)                          | MEDIUM 8.5"-10"<br>(21.5-25.5cm)  | 8.5"-10"<br>5.5cm)       | LARGE 10"-11.5"<br>(25.5-29cm)  | ."-11.5"<br>29cm)       | EXTRA LARGE 11.5"-13" (29-33cm)       | _ARGE 11.5"-13"<br>29-33cm)                                    |
|-------------------------------------|---|--------------------------------|-----------------------------------|--------------------------|---------------------------------|-------------------------|---------------------------------------|--|
| CALF                                | SMALL 11"–15.5"<br>(28–39cm)                | "-15.5"<br>9cm)                | MEDIUM 12.5"–17.5"<br>(31.5–45cm) | 5"–17.5"<br>45cm)        | LARGE 14"-20"<br>(35.5-51cm)    | 4"–20"<br>51 <i>cm)</i> | EXTRA LARO                            | EXTRA LARGE 16"–23"<br>(40.5–58cm)                             |
| CALF                                | SHORT ≤16"<br>(41cm)                        | LONG >16"<br>(41cm)            | SHORT ≤16"<br>(41cm)              | LONG >16"<br>(41cm)      | SHORT ≤16" LONG >16" (41cm)     | LONG >16"<br>(41cm)     | SHORT ≤16"<br>(41 cm)                 | LONG >16"<br>(41cm)  |
| THIGH                               | SMALL 18–26"<br>(45.5–66cm)                 | <b>18–26"</b><br>56 <i>cm)</i> | MEDIUM 19–28.5"<br>(48–73cm)      | <b>19–28.5"</b><br>3 cm) | LARGE 20.5–33"<br>(52–84cm)     | <b>3.5–33</b> "<br>4cm) |                                       |  |
| LEG                                 | SHORT ≤28.5"   LONG >28.5"<br>(72cm) (72cm) | LONG >28.5"<br>(72cm)          | SHORT ≤28.5"   LONG >28.5" (72cm) | LONG >28.5"<br>(72cm)    | SHORT ≤28.5" LONG >28.5" (72cm) | LONG >28.5"<br>(72cm)   | XS & XL onli<br>in men's an<br>calf s | XS & XL only available<br>in men's and open toe<br>calf styles |
| GUIDELINES FOR HIP<br>CIRCUMFERENCE | SMALL ≤45.5″<br>(115cm)                     | ≤45.5″<br>cm)                  | MEDIUM ≤51"<br>(129.5cm)          | <b>1≤51″</b><br>5cm)     | LARGE 60.5"<br>(154cm)          | 60.5"<br>cm)            | ,                                     |  |
| SIZE                                | SS  | SL                             | MS                                | ML                       | LS                              | =                       | xs                                    | χ̈́  |

MEN'S SHOE SIZES: SHORT LEG 7-11, LONG LEG 9.5-14 WOMEN'S SHOE SIZES: SHORT LEG 5.5-9.5, LONG LEG 8-12



## Please follow these instructions carefully to determine the correct size for different product styles.

Measurements should always be taken in the following order, and as soon as possible after waking when swelling is minimal.

## CALF STYLE Open/Closed Toe

| 1 | Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM, LARGE or |
|---|--|
|   |  |
|   | X-LARGE. Note: This should be your first measurement.  |

- **2** Measure the calf circumference at the fullest part of the calf.
- Determine **the calf length** by measuring from the floor up to the bend of the knee. This measurement is taken on the outside of the calf.

## PANTYHOSE AND THIGH-HIGH STYLE Open/Closed Toe

- Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM or LARGE. **Note: This should be your first measurement.**
- **2** Measure the calf circumference at the fullest part of the calf.
- **3** Skip Step 3 (but refer to General Guidelines #6 below).
- 4 Measure the thigh at its widest circumference.
- 5 Determine **the thigh length** by measuring from the floor up to the gluteal fold.
- 6 Determine **the hip circumference** by measuring the widest part of the hip.



Ankle circumference at narrowest part of ankle



Calf circumference at fullest part of the calf



Calf length from the floor to the right-angle bend of the knee



Widest circumference of the thigh



Leg length from the floor up to the gluteal fold



Circumference at the hip

## **GENERAL GUIDELINES**

- 1 | Measurements should always be taken as soon as possible after waking when swelling is minimum.
- 2 Measure next to bare skin, not over clothing.
- 3 The measuring system is based on having the foot flat against the floor and the leg at a right angle to the foot.
- 4 Measurements should be taken by pulling the tape snugly around the leg, but without constriction.
- **5** Length measurements should be taken from the ground up.
- Take all measurements, even if the patient only requires calf-length products, as the patient might decide at a later date to purchase additional styles.