

**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 after waking as possible when swelling is minimal.

### CALF STYLE

Open/Closed Toe

<b>1</b>	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. <b>Note: This should be your first measurement.</b>
<b>2</b>	Measure the calf circumference at the fullest part of the calf.
<b>3</b>	Determine the calf length by measuring from the floor up to the fibular head. This measurement is taken on the outside of the leg.



**1.** Ankle circumference directly above ankle bone



**2.** Calf circumference at fullest part of the calf

### PANTYHOSE AND THIGH-HIGH STYLE

Open/Closed Toe

<b>1</b>	Measure the ankle circumference directly above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM, LARGE, or X-LARGE. <b>Note: This should be your first measurement.</b>
<b>2</b>	Measure the calf circumference at the fullest part of the calf.
<b>3</b>	Skip Step 3 (but refer to General Guidelines #6 below).
<b>4</b>	Measure the thigh at its widest circumference.
<b>5</b>	Determine the leg length by measuring from the floor up to the gluteal fold.
<b>6</b>	Determine the hip circumference by measuring the widest part of the hips.



**3.** Calf length from the floor to the fibular head



**4.** Widest circumference of the thigh

### GENERAL GUIDELINES

<b>1</b>	Measurements should always be taken as soon after waking as possible, when swelling is minimal.
<b>2</b>	Measure against bare skin, not over clothing.
<b>3</b>	The measuring system is based on having the foot flat against the floor and the calf or leg at a right angle to the foot (see images to the right for examples).
<b>4</b>	Measurements should be taken by pulling the tape around the leg so that it is snug but not constricting.
<b>5</b>	Length measurements should be taken from the ground up.
<b>6</b>	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.



**5.** Leg length from the floor up to the gluteal fold



**6.** Circumference at the hip