

Measuring and Sizing for

Compression Stockings

When to take measurements

It is important that the edema is at its most reduced state. Most often this is found first thing in the morning or at the end of treatment.

When to measure for a custom garment

Measure for a custom garment after determining that a leg will be too large or too small for a regular size. You will have to take the standard measurements listed to the right and compare to a size chart to determine this.

How to take length measurements

Length measurements should be taken from each circumference. It is recommended that you mark the leg with a non-permanent, non-toxic marker at each circumference measurement made. The length measurement is then taken even with the floor, along the inside of the leg, up to each circumference point.

Measurement Points

Circumference point '**ca**' is taken around the metatarsal heads. Typically, this is found at the base of the fifth metatarsal.

Circumference point '**cY**' is taken with the foot at a 90 degree angle. The circumference is taken at a 45 degree angle around the heel and across the instep.

Circumference point '**cb**' is the area of greatest compression and therefore the most important point. This measurement is the smallest circumference of the ankle found closest to and above the ankle bone.

Circumference point '**cb1**' is found where the achilles tendon meets the calf muscle. For greater ease in finding this point, have the patient flex the calf muscle.

Circumference point '**cc**' is the largest circumference of the calf.

Circumference point '**cd**' is the smallest circumference below the knee but above the calf.

Circumference point '**ce**' is found mid-patella.

Circumference point '**cf**' is found at the middle of the thigh.

Circumference point '**cg**' is taken at the top of the thigh/groin area.

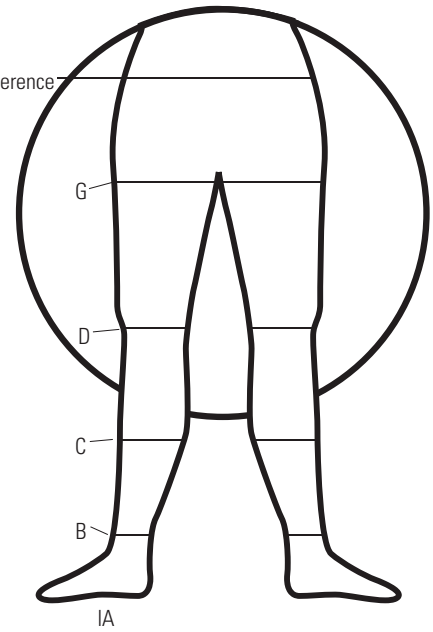
Circumference point '**ck**' is taken at the same height as point '**G**', but is a complete circumference around both legs and buttocks.

Circumference point '**ch**' is the largest circumference of the hips and lower abdomen.

Circumference point '**ct**' is a waist measurement measured above the hip bones.

Standard Measurements

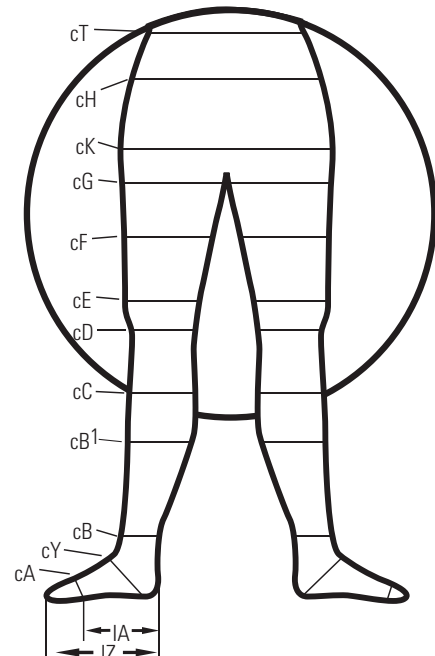
Hips
Circumference



Lengths

A-T
A-G
A-D

Custom Measurements



Lengths

IT
IH
IK, IG
IF
IE
ID
IC
IB1
IB
IA
IZ

Point '**IA**' is a length from circumference point '**A**' to the back of the heel.

Point '**IZ**' is a total foot length.