

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.

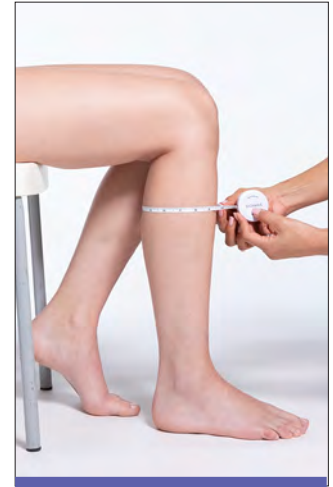
CALF STYLE

Open/Closed Toe

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.
3	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

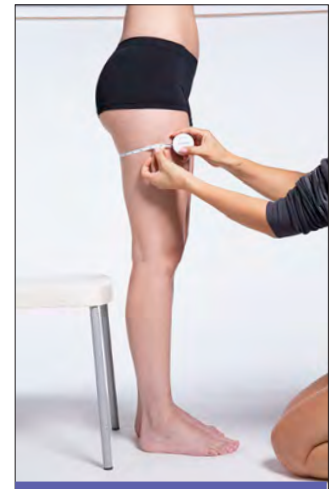
PANTYHOSE AND THIGH-HIGH STYLE

Open/Closed Toe

1	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. 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 leg length by measuring from the floor up to the gluteal fold.
6	Determine the hip circumference by measuring the widest part of the hips.



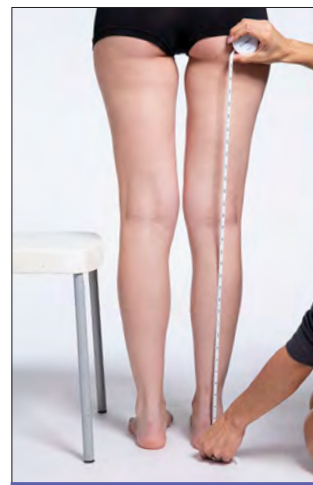
3. Calf length from the floor to the fibular head



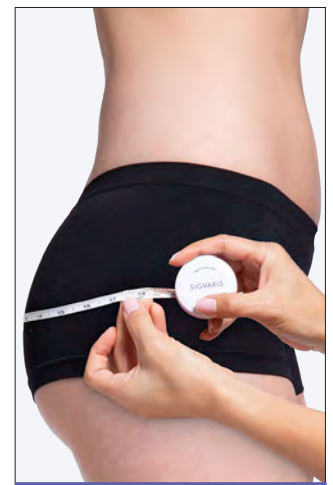
4. Widest circumference of the thigh

GENERAL GUIDELINES

1	Measurements should always be taken as soon after waking as possible, when swelling is minimal.
2	Measure against bare skin, not over clothing.
3	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).
4	Measurements should be taken by pulling the tape around the leg so that it is snug but not constricting.
5	Length measurements should be taken from the ground up.
6	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