

HOW TO MEASURE RIGHT ABOVE THE ANKLE BONE

FOR COMPRESSION STOCKINGS

1

PREPARE

Sit comfortably with your foot flat on the floor and your ankle relaxed.



2

LOCATE

Find your ankle bone. It's the bony bump on the inside of your ankle.



3

POSITION

Place the end of the tape measure right above the ankle bone.



4

WRAP

Wrap the tape measure all the way around your ankle, keeping it level and snug (not tight).



5

CHECK

Make sure the tape measure is straight, not twisted, and sitting just above the ankle bone all the way around.



6

READ

Read the measurement where the end meets the number. This is your ankle measurement.

