



HOW TO MEASURE CALF

FOR COMPRESSION STOCKINGS

1

PREPARE

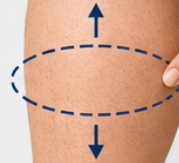
Sit comfortably with your foot flat on the floor and your leg relaxed.



2

LOCATE

Find the widest part of your calf. This is typically at the fullest part of the calf muscle.



3

POSITION

Place the end of the tape measure around the widest part of your calf.



4

WRAP

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



5

CHECK

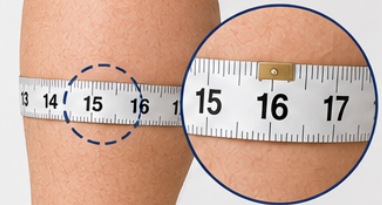
Ensure the tape measure is straight, not twisted, and sitting level all the way around.



6

READ

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



Measuring Tips: Measure in the morning when swelling is at its lowest. For best results, measure bare skin. If between sizes, follow your healthcare provider's recommendation.