

Where to Measure for Compression Stockings

Measure the circumference (around the leg) at the following three points and the full length from heel to groin.

1 THIGH

Measure around the thigh, about 2 inches (5 cm) below the groin.

2 CALF

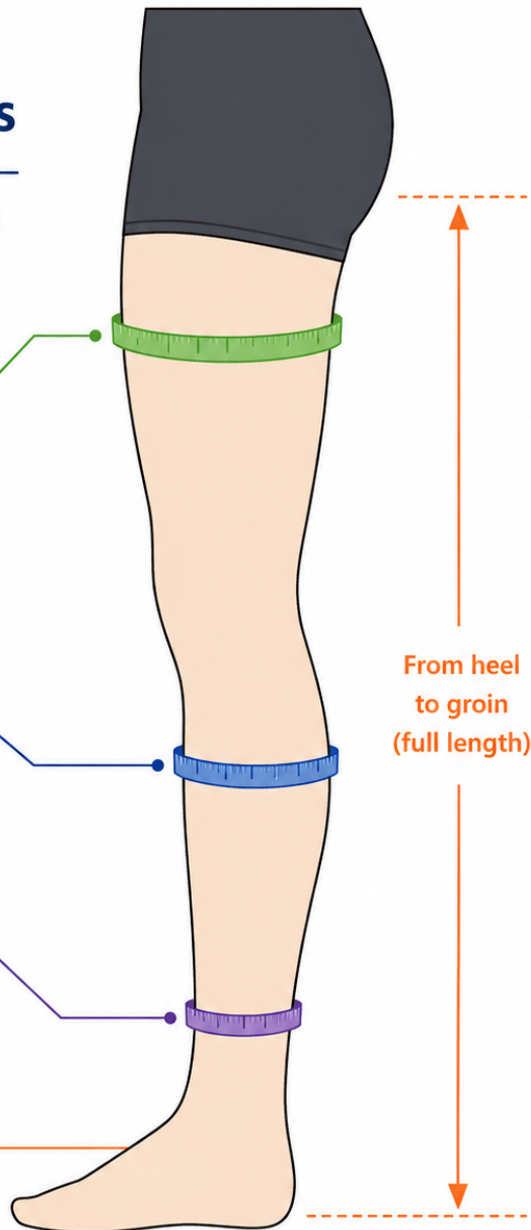
Measure around the widest part of the calf.

3 ANKLE

Measure around the narrowest part of the ankle, just above the ankle bone.

4 FULL LENGTH

Measure from the heel (at the floor) up the back of the leg to the groin.



For best results, take measurements first thing in the morning when swelling is at its lowest.