



HOW TO MEASURE THIGH

FOR COMPRESSION STOCKINGS

1

PREPARE

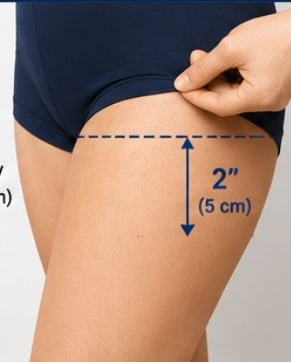
Stand or sit comfortably with your leg relaxed.



2

LOCATE

Find a point approximately 2 inches (5 cm) below the groin.



3

POSITION

Place the end of the tape measure around your thigh at this location.



4

WRAP

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



5

CHECK

Make sure 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 thigh measurement.

