

15-20mmHg Mild Support Knee-High Stockings

*Ankle, calf and length measurements are required for a proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Shoe
S	6.25"-7.25" (16-18cm)	11"-13.5" (28-34cm)	12"-18" (31-46cm)	4-5
M	7.5"-9" (19-22cm)	13"-15.5" (33-39cm)	13"-19" (33-48cm)	5.5-7.5
L	9.25"-10.75" (24-27cm)	15"-17.5" (38-44cm)	14"-20" (36-51cm)	8-10.5
XL	11"-11.5" (28-29cm)	17.75"-18.5" (45-47cm)	15"-22" (38-56cm)	11-12
XXL	11.75"-12.75" (30-32cm)	18"-19.5" (46-50cm)	15"-22" (38-56cm)	12+



15-20mmHg Mild Support Thigh-High Stockings (lace-top)

*Ankle, calf and length measurements are required for a proper fit. Shoe size provided as a reference only.

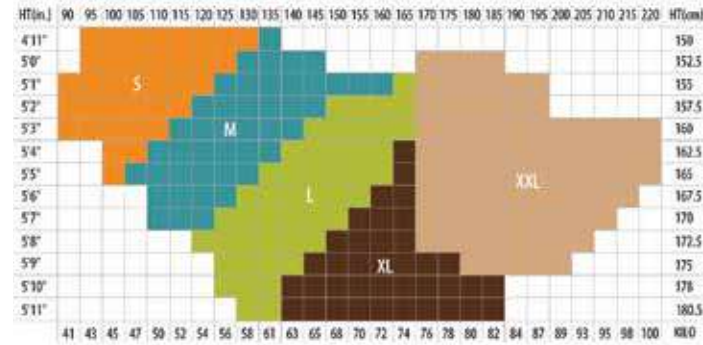
Size	Ankle	Calf	Thigh	Length	Shoe
S	6.25"-7.25" (16-18cm)	11"-13.5" (28-34cm)	14"-15.5" (36-39cm)	23"-25" (58-64cm)	4-5
M	7.5"-9" (19-23cm)	13"-15.5" (33-39cm)	16"-17.5" (41-44cm)	25"-28" (64-71cm)	5.5-7.5
L	9.25"-10.75" (24-27cm)	15"-17.5" (38-44cm)	17.5"-19" (44-48cm)	28"-31" (71-79cm)	8-10.5
XL	11"-11.5" (28-29cm)	17.75"-18.5" (45-47cm)	19"-21" (48-53cm)	31"-34" (79-86cm)	11+
XXL	11.75"-12.5" (30-32cm)	18"-19.5" (46-50cm)	21"-23" (53-58cm)	34"-36" (86-91cm)	11+



15-20mmHg Mild Support Pantyhose

15-20mmHg Mild Support Maternity Pantyhose

*Only weight and height is required.



15-20mmHg Mild Support Women's Trouser Socks

*Ankle, calf and length measurements are required for a proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Shoe
S	6.25"-7.25" (16-18cm)	11"-13.5" (28-34cm)	12"-18" (31-46cm)	4-5
M	7.5"-9" (19-22cm)	13"-15.5" (33-39cm)	13"-19" (33-48cm)	5.5-7.5
L	9.25"-10.75" (24-27cm)	15"-17.5" (38-44cm)	14"-20" (36-51cm)	8-10.5
XL	11"-11.5" (28-29cm)	17.75"-18.5" (45-47cm)	15"-22" (38-56cm)	11-12



15-20mmHg Mild Support Men's Trouser Socks

*Ankle, calf and length measurements are required for a proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Shoe
S	7"-9" (18-23cm)	10.5"-15" (27-38cm)	11"-14" (28-36cm)	7 or less
M	9"-11" (23-28cm)	11"-16.5" (28-42cm)	12"-15" (31-38cm)	7.5-10
L	10"-14" (25-36cm)	12"-17" (31-43cm)	13"-16" (33-41cm)	10.5-12
XL	11"-15" (28-38cm)	13"-19" (33-48cm)	14"-18" (36-46cm)	12.5+



20-30mmHg Moderate Support Knee-High Stockings

20-30mmHg Moderate Support Open-Toe Knee-High Stockings

*Ankle, calf and length are required for proper fit.

Size	Ankle	Calf	Length
S	6.25"-7.25" (16-18cm)	10.5"-13" (27-33cm)	11"-15" (28-38cm)
M	7.5"-9" (19-22cm)	11.5"-14" (29-36cm)	12"-17" (31-43cm)
L	9"-10" (22-25cm)	12.5"-15" (32-38cm)	13"-18" (33-46cm)
XL	10"-11.25" (25-29cm)	13.5"-16" (34-41cm)	14"-19" (36-48cm)
XXL	11.25"-12.5" (29-32cm)	14.5"-17" (37-43cm)	16"-21" (41-53cm)
XXXL	12.5"-13.75" (32-35cm)	16.5"-20.5" (42-52cm)	16"-21" (41-53cm)
XXXX-Large	13.75"-15" (35-38cm)	20"-24" (51-61cm)	16"-21" (41-53cm)



20-30mmHg Moderate Support Thigh-High Stockings (lace & band-top)

20-30mmHg Moderate Support Open-Toe Thigh-High Stockings (band-top)

*Ankle, calf, thigh, and length are required for proper fit.

Size	Ankle	Calf	Thigh	Length
S	6.25"-7.25" (16-19cm)	10.5"-13" (27-33cm)	15"-18" (38-46cm)	23"-26" (58-66cm)
M	7.5"-8.75" (19-22cm)	11.5"-14" (29-36cm)	17.5"-20.5" (44-52cm)	23"-29" (58-74cm)
L	8.75"-10" (22-25cm)	12.5"-15" (32-38cm)	20"-23" (51-58cm)	25"-31" (64-79cm)
XL	10"-11.25" (25-29cm)	13.5"-16" (34-41cm)	22.5"-25.5" (57-65cm)	27"-33" (69-84cm)
XXL	11.25"-12.5" (29-32cm)	14.5"-17" (37-43cm)	25"-28" (64-71cm)	29"-35" (74-89cm)



20-30mmHg Moderate Support Pantyhose

20-30mmHg Moderate Support Maternity Pantyhose

*Ankle, calf, thigh, hip, waist and length are required for proper fit. Maternity pantyhose stockings waist measurement is based on pre-pregnancy size.

Size	Ankle	Calf	Thigh	Hip	Waist	Length
S	6.25"-7.5" (16-19cm)	10.5"-13" (27-33cm)	15"-18" (38-46cm)	to 40" (to 102cm)	to 30" (to 76cm)	29"-35" (74-89cm)
M	7.5"-8.75" (19-22cm)	11.5"-14" (30-36cm)	17.5"-20.5" (44-52cm)	to 42" (to 107cm)	to 33.5" (to 85cm)	31"-37" (79-94cm)
L	8.75"-10" (22-25cm)	12.5"-15" (32-38cm)	20"-23" (51-58cm)	to 44" (to 112cm)	to 36" (to 91cm)	33"-39" (84-99cm)
XL	10"-11.25" (25-29cm)	13.5"-16" (34-41cm)	22.5"-25.5" (57-65cm)	to 46" (to 117cm)	to 38" (to 97cm)	35"-41" (89-104cm)
XXL	11.25"-12.5" (29-32cm)	14.5"-17" (37-43cm)	25"-28" (64-71cm)	to 52" (to 132cm)	to 44" (to 112cm)	35"-41" (89-104cm)



Many people can benefit from wearing gradient compression hosiery, including those who experience:

- Swollen feet, ankles, and legs
- Tired, aching, fatigued legs
- Venous leg disorders

20-30mmHg Moderate Support Women's Trouser Socks

*Ankle, calf and length are required for proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Shoe
S	6.25"-7.25" (16-18cm)	11"-13.5" (28-34cm)	12"-18" (31-46cm)	4-5
M	7.5"-9" (19-22cm)	13"-15.5" (33-39cm)	13"-19" (33-48cm)	5.5-7.5
L	9.25"-10.75" (24-27cm)	15"-17.5" (38-44cm)	14"-20" (36-51cm)	8-10.5
XL	11"-11.5" (28-29cm)	17.75"-18.5" (45-47cm)	15"-22" (38-56cm)	11-12



20-30mmHg Moderate Support Men's Trouser Socks

*Ankle, calf and length are required for proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Shoe
S	7"-9" (18-23cm)	10.5"-15" (27-38cm)	11"-14" (28-36cm)	7 or less
M	9"-11" (23-28cm)	11"-16.5" (28-42cm)	12"-15" (31-38cm)	7.5-10
L	10"-14" (25-36cm)	12"-17" (31-43cm)	13"-16" (33-41cm)	10.5-12
XL	11"-15" (28-38cm)	13"-19" (33-48cm)	14"-18" (36-46cm)	12.5+



20-30mmHg Moderate Support Open-Toe Anklet

Size	Ankle
S	6.3"-7.3" (15.9-18.4cm)
M	7.5"-8.8" (19-22.2cm)
L	8.8"-10" (22.2-25.4cm)
XL	10"-11.3" (25.4-28.6cm)



Gradient compression hosiery is also excellent for pregnant women and those who are overweight or have poor circulation. As a preventative measure, gradient compression hosiery is recommended for those who stand or sit for prolonged periods.



30-40mmHg Firm Support Knee-High Stockings
30-40mmHg Firm Support Open-Toe Knee-High Stockings

*Ankle, calf and length are required for proper fit.

Size	Ankle	Calf	Length
S	6.25"-7.25" (16-18cm)	10.5"-13" (27-33cm)	11"-15" (28-38cm)
M	7.5"-9" (19-22cm)	11.5"-14" (29-36cm)	12"-17" (31-43cm)
L	9"-10" (22-25cm)	12.5"-15" (32-38cm)	13"-18" (33-46cm)
XL	10"-11.25" (25-29cm)	13.5"-16" (34-41cm)	14"-19" (36-48cm)
XXL	11.25"-12.5" (29-32cm)	14.5"-17" (37-43cm)	16"-21" (41-53cm)



30-40mmHg Firm Support Thigh-High Stockings (band-top)
30-40mmHg Firm Support Open-Toe Thigh-High Stockings (band-top)

*Ankle, calf, thigh, and length are required for proper fit.

Size	Ankle	Calf	Thigh	Length
S	6.25"-7.5" (16-19cm)	10.5"-13" (27-33cm)	15"-18" (38-46cm)	23"-26" (58-66cm)
M	7.5"-8.75" (19-22cm)	11.5"-14" (29-36cm)	17.5"-20.5" (44-52cm)	23"-29" (58-74cm)
L	8.75"-10" (22-25cm)	12.5"-15" (32-38cm)	20"-23" (51-58cm)	25"-31" (64-79cm)
XL	10"-11.25" (25-29cm)	13.5"-16" (34-41cm)	22.5"-25.5" (57-65cm)	27"-33" (69-84cm)
XXL	11.25"-12.5" (29-32cm)	14.5"-17" (37-43cm)	25"-28" (64-71cm)	29"-35" (74-89cm)



30-40mmHg Firm Support Men's Trouser Socks

*Ankle, calf and length are required for proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Shoe
S	7"-9" (18-23cm)	10.5"-15" (27-38cm)	11"-14" (28-36cm)	7 or less
M	9"-11" (23-28cm)	11"-16.5" (28-42cm)	12"-15" (31-38cm)	7.5-10
L	10"-14" (25-36cm)	12"-17" (31-43cm)	13"-16" (33-41cm)	10.5-12
XL	11"-15" (28-38cm)	13"-19" (33-48cm)	14"-18" (36-46cm)	12.5+



15-20mmHg Mild Support Core-Spun Socks
20-30mmHg Moderate Support Core-Spun Socks
30-40mmHg Firm Support Core-Spun Socks

*Ankle, calf and length are required for proper fit. Shoe size provided as a reference only.

Size	Ankle	Calf	Length	Women's	Men's
S	6.5"-8.5" (17-22cm)	11"-16.5" (28-42cm)	12"-16" (30-41cm)	9 or less	7 or less
M	8"-10" (21-26cm)	12"-17.5" (31-45cm)	13"-17" (33-43cm)	9.5-12	7.5-10
L	9"-11.5" (23-29cm)	13"-19" (33-49cm)	14"-18" (36-46cm)	12+	10.5-12
XL	11"-15" (28-38cm)	17"-23" (43-58cm)	15"-20" (38-51cm)	-	12.5+
XXL	13"-17" (33-43cm)	18.5"-25.5" (47-65cm)	16"-21" (41-53cm)	-	12.5+



15-20mmHg Mild Support Core-Sport Socks
20-30mmHg Moderate Support Core-Sport Socks

*Ankle, calf and length are required for proper fit.

Size	Ankle	Calf	Length
S	6.5"-8.5" (17-22cm)	11"-16.5" (28-42cm)	12"-16" (30-41cm)
M	8"-10" (21-26cm)	12"-17.5" (31-45cm)	13"-17" (33-43cm)
L	9"-11.5" (23-29cm)	13"-19" (33-49cm)	14"-18" (36-46cm)
XL	11"-15" (28-38cm)	17"-23" (43-58cm)	15"-20" (38-51cm)



20-30mmHg Moderate Support Opaque Pantyhose

All measurements are required for a proper fit.

Size	Ankle	Calf	Thigh	Hip	Length
Small Short Small Long	6.5"-8.5" (17-22cm)	11"-16.5" (28-42cm)	15.5"-21.5" (40-54cm)	to 42"	28.5" (73cm) or less greater than 28.5"(73cm)
Medium Short Medium Long	8"-10" (21-26cm)	12"-17.5" (31-45cm)	17.5"-25.5" (45-65cm)	to 48"	"28.5" (73cm) or less greater than 28.5"(73cm)
Large Short Large Long	9"-11.5" (23-29cm)	13"-19" (33-49cm)	21.5"-29.5" (55-75cm)	to 56"	28.5" (73cm) or less greater than 28.5"(73cm)

20-30mmHg Moderate Support Men's Opaque Thigh-High

All measurements are required for a proper fit.

Size	Ankle	Calf	Thigh	Length
Small Short Small Long	6.5"-8.5" (17-22cm)	11"-16.5" (28-42cm)	15.5"-21.5" (40-54cm)	28.5" (73cm) or less greater than 28.5"(73cm)
Medium Short Medium Long	8"-10" (21-26cm)	12"-17.5" (33-39cm)	17.5"-25.5" (40-54cm)	28.5" (73cm) or less greater than 28.5"(73cm)
Large Short Large Long	9"-11.5" (23-29cm)	13"-19" (33-49cm)	21.5"-29.5" (55-75cm)	28.5" (73cm) or less greater than 28.5"(73cm)
X-Large Short X-Large Long	11"-15" (28-38cm)	17"-23" (43-58cm)	25.5"-33.5" (65-85cm)	28.5" (73cm) or less greater than 28.5"(73cm)

30-40mmHg Firm Support Opaque Pantyhose

All measurements are required for a proper fit.

Size	Ankle	Calf	Thigh	Hip	Length
Small Short Small Long	6.5"-8.5" (17-22cm)	11"-16.5" (28-42cm)	15.5"-21.5" (40-54cm)	to 42"	28.5" (73cm) or less greater than 28.5"(73cm)
Medium Short Medium Long	8"-10" (21-26cm)	12"-17.5" (31-45cm)	17.5"-25.5" (45-65cm)	to 48"	28.5" (73cm) or less greater than 28.5"(73cm)
Large Short Large Long	9"-11.5" (23-29cm)	13"-19" (33-49cm)	21.5"-29.5" (55-75cm)	to 56"	28.5" (73cm) or less greater than 28.5"(73cm)

30-40mmHg Firm Support Men's Opaque Thigh-High

All measurements are required for a proper fit.

Size	Ankle	Calf	Thigh	Length
Small Short Small Long	6.5"-8.5" (17-22cm)	11"-16.5" (28-42cm)	15.5"-21.5" (40-54cm)	28.5" (73cm) or less greater than 28.5"(73cm)
Medium Short Medium Long	8"-10" (21-26cm)	12"-17.5" (31-45cm)	17.5"-25.5" (45-65cm)	28.5" (73cm) or less greater than 28.5"(73cm)
Large Short Large Long	9"-11.5" (23-29cm)	13"-19" (33-49cm)	21.5"-29.5" (55-75cm)	28.5" (73cm) or less greater than 28.5"(73cm)
X-Large Short X-Large Long	11"-15" (28-38cm)	17"-23" (43-58cm)	25.5"-33.5" (65-85cm)	28.5" (73cm) or less greater than 28.5"(73cm)



Patients should be measured when they first get up in the morning. This helps prevent the fitter from measuring the affected area's circumference after swelling has occurred. It is important to measure the patient while he or she is standing. If the fitting can not take place before the patient has been on his/her feet for some time, the patient's legs and feet should be elevated for 15 minutes prior to taking the measurements. Take snug measurements against the skin and avoid measuring over socks, pants or leggings.

WAIST

Measure the circumference of the waist.

THIGH

Measure the circumference of the thigh at the widest point.

HIPS

Measure the circumference of the hips at the widest point.

CALF

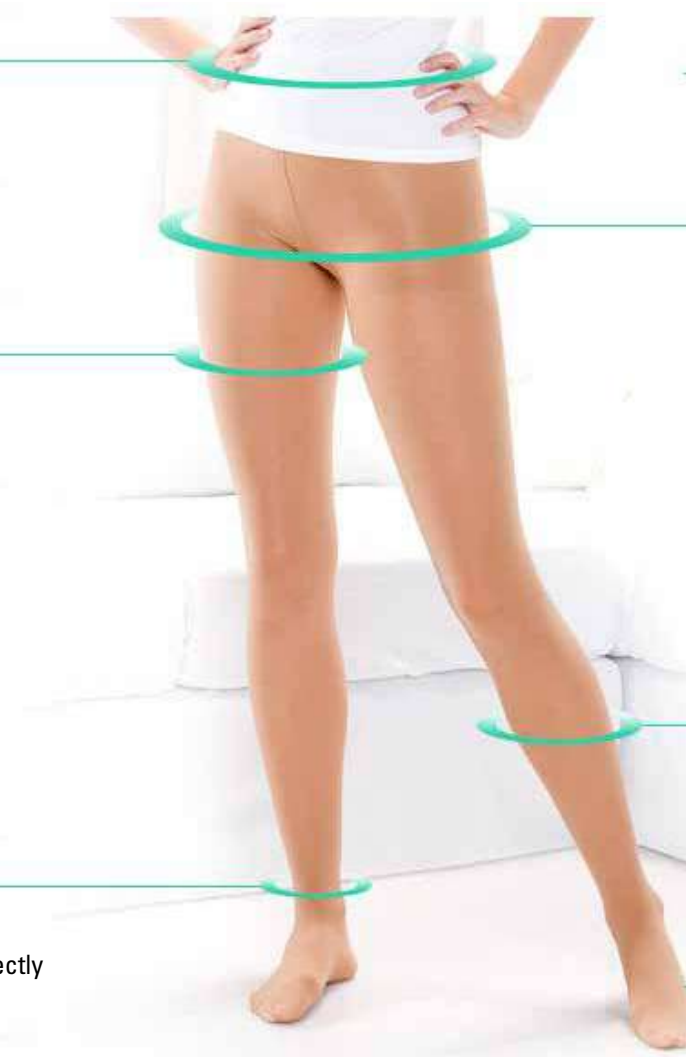
Measure the circumference of the calf at the widest point.

ANKLE

Measure the circumference of ankle at the narrowest point directly above the ankle bone.

LENGTH

Measure the length from the knee, thigh or waist to the floor depending on the garment.



Tips for getting the perfect fit

- Remove rings and watches
- Ensure nails are not sharp
- Never allow folds in the hosiery
- Never remove any wound dressings
- Keep hosiery loose over dressings
- The garment should have even compression or elasticity, preventing circulation obstruction.
- After donning the sock, the foot shape should be consistent with that of the bare foot.

