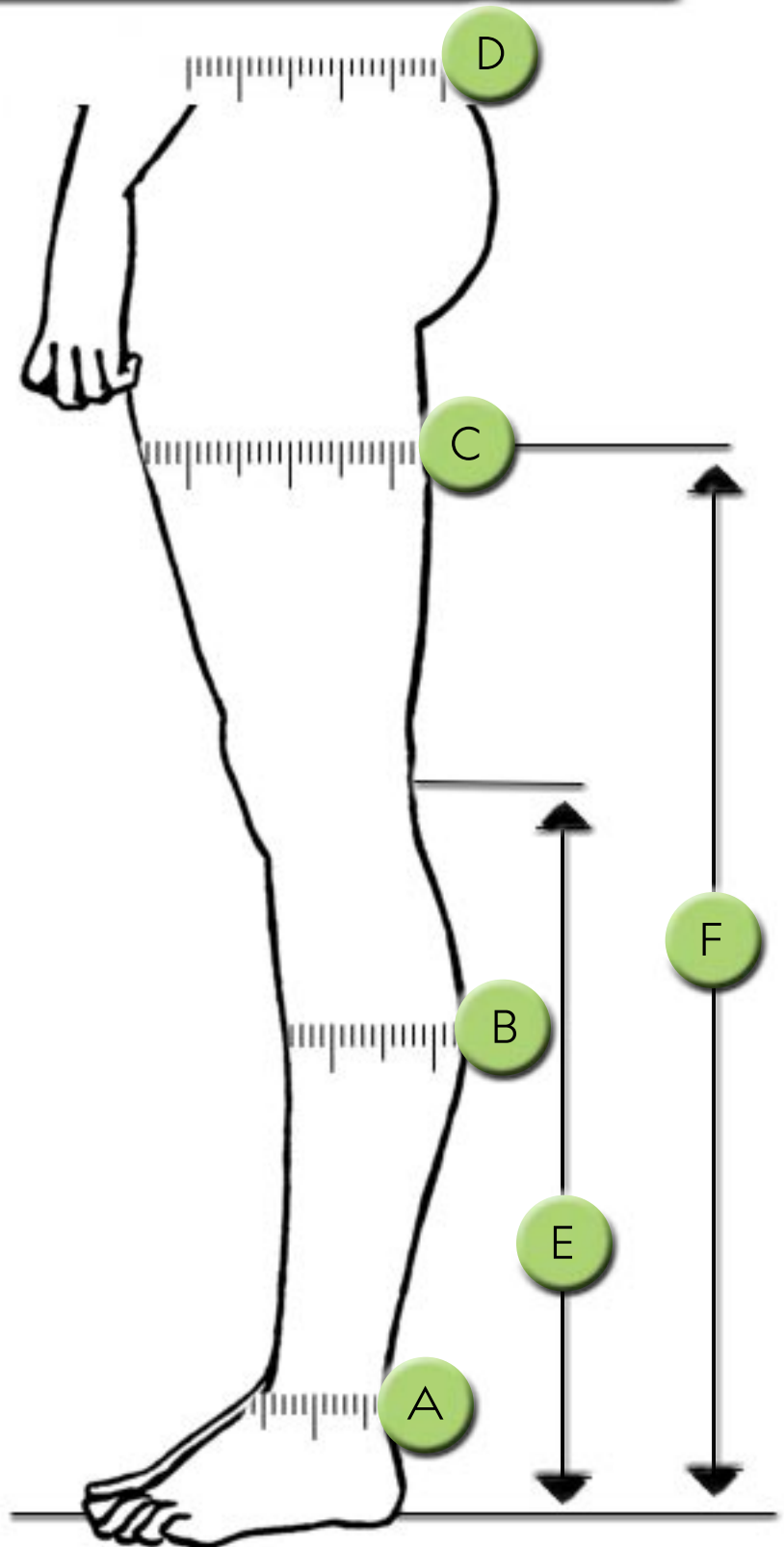


Compression Self Measuring Guide

1. Have a tape measure with both inches and centimeters on hand.
2. Get a pad of paper ready with two columns, one for each leg. (or use the form below)
3. Remember to record every measurement in both in and cm.
4. Measure around each ankle, at the narrowest point. (A)
5. Measure around each calf, at the widest point. (B)
6. For a knee-high length measurement, sit with your legs at a 90-degree angle and measure from the bottom of your foot to the bend in your knee (not the top of your knee or kneecap—that is too far!). (E)
7. If you need thigh-high compression, measure around each thigh (C), at the widest point (usually under the buttocks by approx. 2-4")
8. For a thigh-high length measurement, stand up straight and measure from the bottom of your foot to the bottom of your buttocks. (F)
9. If you need waist-high compression, take one measurement around the hips at the widest point (D)
10. Did you measure in both in and cm?



RIGHT LEG

A: in: _____ cm: _____

B: in: _____ cm: _____

C: in: _____ cm: _____

E: in: _____ cm: _____

F: in: _____ cm: _____

LEFT LEG

A: in: _____ cm: _____

B: in: _____ cm: _____

C: in: _____ cm: _____

E: in: _____ cm: _____

F: in: _____ cm: _____

WAIST D: in: _____ cm: _____