Please follow these instructions carefully to determine the correct size for different product styles.
Measurements should always be taken in the following order, and as soon as possible after waking when swelling is minimal.

**Calf Style Open/Closed Toe**

1. Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM, LARGE or X-LARGE. **Note: This should be your first measurement.**

2. Measure the calf circumference at the fullest part of the calf.

3. Determine the calf length by measuring from the floor up to the bend of the knee. This measurement is taken on the outside of the calf.

**Pantyhose and Thigh-high Style Open/Closed Toe**

1. Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM or LARGE. **Note: This should be your first measurement.**

2. Measure the calf circumference at the fullest part of the calf.

3. Skip Step 3 (previously described for Calf style).

4. Measure the thigh at its widest circumference.

5. Determine the thigh length by measuring from the floor up to the gluteal fold.

**General Guidelines**

1. Measurements should always be taken as soon as possible after waking when swelling is minimum.

2. Measure next to bare skin, not over clothing.

3. The measuring system is based on having the foot flat against the floor and the leg at a right angle to the foot.

4. Measurements must be taken by pulling the tape snugly around the leg, but without constriction.