



Patient Last Name: _____ **Patient First Name:** _____
Fitter Last Name: _____ **Fitter First Name:** _____
Fitter Title: _____ **(example: PT/OT/PTA)**
Date: _____

SIGVARIS

HOW TO MEASURE

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.



1 Ankle circumference at narrowest part of ankle



2 Calf circumference at fullest part of the calf



3 Calf length from the floor to the right-angle bend of the knee



4 Widest circumference of the thigh



5 Leg length 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