

# Guide to measuring for medical compression stockings



**Note:** Take measurements sitting or standing.

*Note: The leg should be largely free of edema before measuring for a stocking. The degree of edema can be checked by pushing firmly with the finger. If edema is present, pitting is observed which does not immediately disappear. If this is the case, the patient is not ready to be measured for compression stockings.*



Place the measuring board on a stable surface, place the tape measure, ballpoint pen and size order card in readiness; have the patient place her leg on the measuring board.



**Foot length without tip:** from the metatarsophalangeal joint to the end of the heel.  
**Foot length with tip:** from the tips of the toes to the end of the heel.



Take circumferential measurement **A** at the metatarsophalangeal joint.



Take circumferential measurement **Y** around the instep and heel at maximal dorsiflexion.



Measure circumference **B** and length **a-B** above the ankle at the narrowest point of the calf.



Measure circumference **B1** and length **a-B1** at the Achilles tendon / calf transition.



Measure circumference **C** and length **a-C** at the greatest calf circumference.



Measure circumference **D** and length **a-D** at the fibular head (two finger widths below the kneecap).



Measure length **a-E** to the middle of the kneecap with the leg extended.



Circumference **E** is the knee circumference; measure at the middle of the patella, with the leg slightly angled.

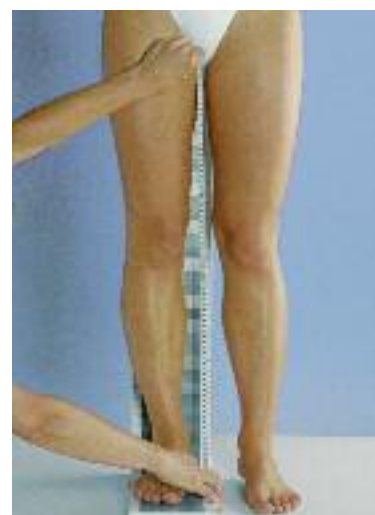


Measure circumference **F** and length **a-F** at the middle of the thigh.



Measure circumference **G** at the greatest thigh circumference. Measure length **a-G** posteriorly from gluteal fold straight down to the floor.

For compression panty hose, also take the following measurements:



Take the crotch, or **K**, measurement.



Measure length **a-T** on the outside as far as the waist, reading off directly from the measuring board. The customer determines the waist height herself with her hand.



Measure the length of the panty at the back (**K2-T**) over the buttocks as far as the gluteal fold.



Measure the length of the panty at the front (**K1-T**) from the waist to the crotch.



Measure circumference **H** at the level of the greatest circumference around the hips.



Measure circumference **T** at the waist.

