

# Fact Sheet For How to Measure for Compression Stockings

Identifying the correct size of compression stockings is essential to ensure you have a good fit, feel comfortable and receive the optimal benefits. If you have never worn compression stockings before, or are unsure you have the correct size, this guide will help you find the right fit.

## Getting started

You will need:

- Tape measure (preferably soft tape or cloth)
- Sizing chart for your chosen stocking brand

### Remember

- There is no universal standard for stocking sizes. Different brands use different sizing charts. For example, a medium size in one brand may not be a medium in another brand.
- This is not a guide for travel or flight socks which are class 1 stockings (lowest in compression to prevent DVT) and require only basic information such as height, weight or foot size for measurement.






### Tips

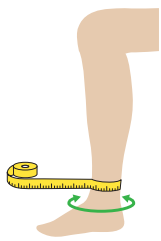
- Measure earlier in the day before swelling builds in the legs.
- Measure next to bare skin and without shoes on.
- Always place foot flat against the floor and the leg at a right angle to the foot.
- Take length measurements from the ground up.
- Always pull the tape snugly and without constriction around a leg.
- If a tape measure is unavailable, use a piece of string and measure individual lengths with a ruler.
- If you are in between two sizes, choose the size that suits the ankle circumference best.
- If the foot size of a stocking is either too large or too small, try a stocking with an open toe.

## Determine measurement points

To start, take note of which area of the leg needs to be measured for your preferred stocking style. Compression stockings require you to measure the circumference at specific points on the leg and the length of the leg.

Stocking style	Area of Leg				
	Ankle circumference	Calf circumference	Calf length	Thigh circumference	Leg length
 Knee high	✓	✓	✓		
 Thigh high	✓	✓		✓	✓
 Waist high	✓	✓		✓	✓

## Start Measuring

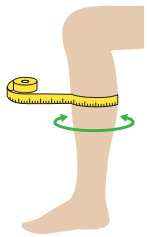


### Measure your ankle circumference

- Place a measuring tape at the narrowest part of the ankle, just above the ankle bone, and measure the circumference.
- The ankle must always be your first measurement and is the most important, as the graduated compression begins at the ankle.



Ankle measurements may differ from leg to leg. In this instance note the larger size.

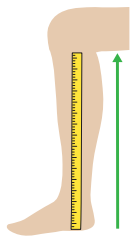


### Measure your calf circumference

- Place a measuring tape at the largest part of the calf and measure the circumference.



Choose a size that puts your calf measurement in the middle of the sizing range to avoid stockings that are too tight and make the top band bind or roll, or too large making the stocking slip or fall.

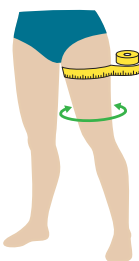


### Measure your calf length

- Sit on a chair and measure the distance from the floor to just below the bend in your knee.

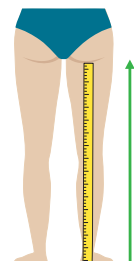


Do not wear shoes.



### Measure your thigh circumference

- Find the widest part of your thigh, directly under your buttocks and measure the circumference.



### Measure your leg length

- Measure the distance from the floor behind the heel to the bottom of your buttocks (top of thigh).



Do not wear shoes. Keep leg straight.

## Final Step

You can now compare your measurements with the sizing chart of your preferred stocking brand to determine the best size and length for your compression stockings.

### How to Use a Sizing Chart

As an example, to measure for a knee-high stocking, the measurement points are ankle circumference, calf circumference and calf length. If the measuring results in **20cm** for ankle circumference, **37cm** for calf circumference and **39cm** for calf length, your size is determined as **A**.

### Sample Sizing Chart

Ankle circumference	Small 18 - 21cm		Medium 21 - 25cm		Large 25 - 30cm	
Calf circumference	Small 28 - 39cm		Medium 31 - 45cm		Large 35 - 51cm	
Calf length	Short <40cm	Long >40cm	Short <40cm	Long >40cm	Short <40cm	Long >40cm
Thigh circumference	Small 45 - 65cm		Medium 48 - 75cm		Large 52 - 85cm	
Leg length	Short <70cm	Long >70cm	Short <70cm	Long >70cm	Short <70cm	Long >70cm
Brand size	A	B	C	D	E	F

Note: The sizing chart of your stocking brand will look different to this table, but they all follow the same principles. Refer to a brand's website or packaging to find a sizing chart.

To access a wide range of compression stockings visit [store.independenceaustralia.com](https://store.independenceaustralia.com) for quick and reliable home delivery