

SOFT OPAQUE SIZING CHART

ANKLE CIRCUMFERENCE	SMALL 7"–8.5" (18–21.5cm)	MEDIUM 8.5"–10" (21.5–25.5cm)	LARGE 10"–11.5" (25.5–29cm)
CALF CIRCUMFERENCE	SMALL 11"–15.5" (28–39cm)	MEDIUM 12.5"–17.5" (31.5–45cm)	LARGE 14"–20" (35.5–51cm)
CALF LENGTH	SHORT ≤16" (41cm)	SHORT ≤16" (41cm)	SHORT ≤16" (41cm)
THIGH CIRCUMFERENCE	LONG >16" (41cm)	LONG >16" (41cm)	LONG >16" (41cm)
LEG LENGTH: WOMEN	SMALL 18–26" (45.5–66cm)	MEDIUM 19–28.5" (48–73cm)	LARGE 20.5–33" (52–84cm)
GUIDELINES FOR HIP CIRCUMFERENCE	SHORT ≤28.5" (72cm)	SHORT ≤28.5" (72cm)	SHORT ≤28.5" (72cm)
	LONG >28.5" (72cm)	LONG >28.5" (72cm)	LONG >28.5" (72cm)
	SMALL 32.5–44.5" (83–112.5cm)	MEDIUM 34.5–50" (87–127cm)	LARGE 38.5–59.5" (98–150.5cm)
SIZE	SS	SL	MS
			ML
			LS
			LL

WOMEN'S SHOE SIZES: SHORT LEG 5.5–9.5, LONG LEG 8–12

MATERNITY HIP CIRCUMFERENCE GUIDELINES: SMALL: <56" (142cm), MEDIUM: <62" (157.5cm), LARGE: <70" (178cm)

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 (but refer to General Guidelines #6 below).
4	Measure the thigh at its widest circumference.
5	Determine the thigh length by measuring from the floor up to the gluteal fold.
6	Determine the hip circumference by measuring the widest part of the hip.



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



6 Circumference at the hip

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 should be taken by pulling the tape snugly around the leg, but without constriction.
5	Length measurements should be taken from the ground up.
6	Take all measurements, even if the patient only requires calf-length products, as the patient might decide at a later date to purchase additional styles.