

## CUSHIONED COTTON 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)	EXTRA LARGE 11.5"-14" (29-36cm)
CALF CIRCUMFERENCE	SMALL 11"-15.5" (28-39cm)	MEDIUM 12.5"-17.5" (31.5-45cm)	LARGE 14"-20" (35.5-51cm)	EXTRA LARGE 16"-24" (41-61cm)
CALF LENGTH	SHORT ≤16" (41cm)	SHORT ≤16" (41cm)	SHORT ≤16" (41cm)	SHORT ≤16" (41cm)
SIZE	LONG >16" (41cm)	LONG >16" (41cm)	LONG >16" (41cm)	LONG >16" (41cm)
	SS	MS	LS	XS
	SL	ML	LL	XL

**MEN'S SHOE SIZES:** SHORT LEG 7-11, LONG LEG 9.5-14    **WOMEN'S SHOE SIZES:** SHORT LEG 5.5-9.5, LONG LEG 8-12

**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

<b>1</b>	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. <b>Note: This should be your first measurement.</b>
<b>2</b>	Measure the calf circumference at the fullest part of the calf.
<b>3</b>	Determine <b>the calf length</b> 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

<b>1</b>	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. <b>Note: This should be your first measurement.</b>
<b>2</b>	Measure the calf circumference at the fullest part of the calf.
<b>3</b>	Skip Step 3 (but refer to General Guidelines #6 below).
<b>4</b>	Measure the thigh at its widest circumference.
<b>5</b>	Determine <b>the thigh length</b> by measuring from the floor up to the gluteal fold.
<b>6</b>	Determine <b>the hip circumference</b> 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

<b>1</b>	Measurements should always be taken as soon as possible after waking when swelling is minimum.
<b>2</b>	Measure next to bare skin, not over clothing.
<b>3</b>	The measuring system is based on having the foot flat against the floor and the leg at a right angle to the foot.
<b>4</b>	Measurements should be taken by pulling the tape snugly around the leg, but without constriction.
<b>5</b>	Length measurements should be taken from the ground up.
<b>6</b>	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.