How-To-Measure-for-Compression-Stockings

There is no universally accepted standard for stocking sizes. It is imperative to understand that a “medium” or a size 4 from one manufacturer will not directly translate to another. There are also differences within a manufacturer depending on the style or “model” of stocking. So if you have never worn or ordered stockings before, please closely follow the instructions for how to do so.

General Measurement Tips:
- Measure first thing in the morning before the natural swelling in the legs and ankles begins.
- When measuring circumference (around the ankle or thigh), take snug measurements on the skin, not over socks or slacks.
- Take care not to draw the tape too tight, causing a depression on the skin, or too loose where there is slack.
- You can use a tape measure or if you do not have one, use a piece of string to determine the distance around your leg and then measure that length with a ruler.

How-To-Measure-for-Compression-Stockings - (please refer to the diagram)

The first and most important measurement is the ankle diameter. Compression here is the greatest in graduated compression garments where maximum benefit is obtained.

1. **Ankle** - Measure around the smallest part of the ankle, just above the ankle bone.

2. **Calf** - Measure the largest part of the calf. You may need to search for the largest part of the calf by measuring above and below the middle of the calf; the objective here is to get the largest measurement.

3. **Length** (for below the knee) - Measure from the floor to the bend behind the knee; do not wear shoes as you will get an inaccurate measurement. Make sure that you are measuring just below the bend of the knee. Measuring too high or too close to the bend of the knee may result in a stocking too long for your lower leg, especially if your length measurement is right on the edge of the short and long length threshold.

**Shoe Size** - Record shoe size. Some compression socks are fit by shoe size.

*Measuring for thigh high or pantyhose. Additional measurements required.*

4. **Thigh** - Find the widest part of your thigh –usually right under your buttocks. Measure the circumference of this part of your thigh.

5. **Length** - For thigh high or pantyhose garments measure the distance from the bottom of your buttocks fold to the floor.

For some stocking brands or styles, you may also need:

- **Hip** measurement - Simply record the largest hip measurement.
- **Height and weight** - Some pantyhose manufacturers use a height/weight chart.

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![Diagram of how to measure for compression stockings](image-url)
# Measuring Form - Compression Garments

## Name: ___________________________________________ DOB: __________________

**Sex:** □ Male  □ Female  
**Height:** _______  **Weight:** _______  **Shoe Size:** _______

**Date & Time Measured** ___/___/_______  □ AM  □ PM  
**Measured by:** ____________________________________________

**Contact Name(s) with Phone & Ship to Address:** ___________________________________________________________________________

### For Knee High Stockings/Socks

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Right</th>
<th>Left</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ankle Circ.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calf Circ.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calf Length</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### For Thigh High Stockings/Socks

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Right</th>
<th>Left</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thigh Circ.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thigh High Length</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Recommended Compression (mmHg):

- □ 10-15
- □ 15-20
- □ 20-30
- □ 30-40
- □ TED Hose
- □ Diabetic Compression

**Recommended Length:** □ Knee High  □ Thigh High  □ ____________________________

**Prescription attached:** □ yes  □ no

**Condition (diagnosis):**
- □ Varicosities
- □ Tired, aching legs
- □ Lymphatic edema
- □ Prevention of DVT
- □ Pregnancy
- □ Management of venous ulcers
- □ CVI
- □ Post op  □ Travel

**Prescribing Practitioner & or PCP :** ____________________________________________

**Note:** Compression given, Length, Manufacturer w/ size, Pt. Preference (sock or stocking; material; color)

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**For Thigh Circ.**

- LT____  RT____

**For Juxta-lite foot wraps**

- Arch/Instep Circ.____

**For Compression Pump**

- Arch/Instep Circ.
  - LT____  RT____
  - Knee Circ.
  - LT____  RT____
  - Mid Thigh Circ.
  - LT____  RT____
  - Upper Thigh Circ.
  - LT____  RT____