

MEASURING INSTRUCTIONS

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 at its lowest.

Calf Style Open/Closed Toe

- 1 Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. **This measurement is labeled (b).** 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. **This measurement is labeled (c).**
- 3 Determine **the calf length (A-D)** 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

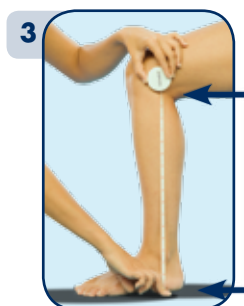
- 1 Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. **This measurement is labeled (b).** Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM, LARGE. **Note: This should be your first measurement.**
- 2 Measure the calf circumference at the fullest part of the calf. **This measurement is labeled (c).**
- 3 Skip Step 3 (previously described for Calf style).
- 4 Measure the thigh at the widest circumference. **This measurement is labeled (g).**
- 5 Determine **the thigh length (A-G)** by measuring from the floor up to the gluteal fold.



(b) Ankle circumference



(c) Calf circumference



(A-D) Calf length from right-angle bend of the knee to the floor

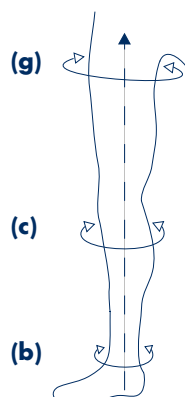


(g) Widest circumference of the thigh



(A-G) Leg length from the floor up to the gluteal fold.

General Guidelines



- Measurements should always be taken as soon as possible after waking when swelling is at its lowest
- Limbs should be measured next to bare skin
- The measuring system is based on the angle between the sole of the foot and leg or arm being at 90°, for best results
- Measurements must be taken by pulling the tape snugly around the leg but without constriction
- Measurements should be taken from the ground up

For easy reference, please record your SIGVARIS account number here:

US: 1-800-322-7744
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