

| Size | Ankle | Calf |
|---------|---------------------|---------------------|
| Small | 6.5"–8.5" (17–22cm) | 11"–16.5" (28–42cm) |
| Medium | 8"–10" (21–26cm) | 12"–17.5" (31–45cm) |
| Large | 9"–11.5" (23–29cm) | 13"–19" (33–49cm) |
| X-Large | 11"–15" (28–38cm) | 17"–23" (43–58cm) |

*The mean compression for an average ankle size.

Proper Sizing Directions

Ankle, calf and length are required for proper fit. Shoe size for reference only.

- Measure the circumference of the ankle at the narrowest point directly above the ankle bone.
- Measure the circumference of the calf at the widest point.
- Measure the length of the leg from the floor to approx. 1 inch or 2 fingers below the bend of the knee.

Sizing Tips

- Measurements should be taken when you first get up in the morning before swelling can occur. If measurements need to be taken after you have been on your feet for some time, try to elevate your feet for 15 minutes prior to measuring.
- Measurements should be taken while standing. Try to have someone assist you and take the measurements for you as you stand flat footed.
- Take snug measurements against the skin. Try to avoid measuring over slacks or socks.



A. Ankle _____
 B. Calf _____
 C. Length _____