

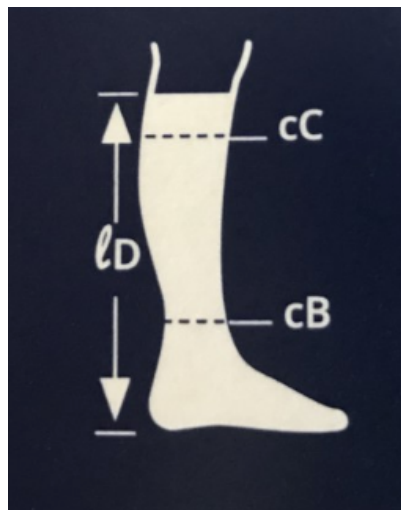
How to measure for Therafirm Anti-Embolism Knee High Socks

The best time to measure is first thing in the morning

How to measure

1. **Ankle:** measure the circumference at the ankle just above the bone
2. **Calf:** measure the circumference at the widest part of the calf

Length: measure from the heel at the ground to just below the knee cap



Size	Ankle (cm)	Calf (cm)	Length (cm)
Small	17-20	25-31	41 or less
Medium	19-23	28-33	41-46
Large	22-25	31-38	43-48
X - Large	23-29	33-43	46-53