

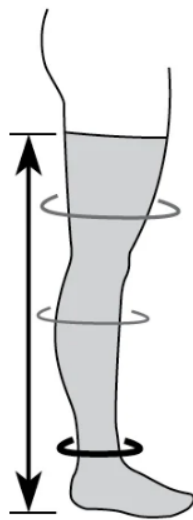
## How to measure for Therafirm Anti-Embolism Thigh High Stockings

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
3. **Thigh:** measure the circumference at the widest part of the thigh

**Length:** measure from the heel at the ground to thigh high



Size	Ankle (cm)	Calf (cm)	Thigh (cm)	Length (cm)
Small	17-20	25-31	38-46	71 or less
Medium	19-23	28-33	41-48	71-76
Large	22-25	31-38	43-53	74-81
X - Large	23-29	33-43	46-58	76-86