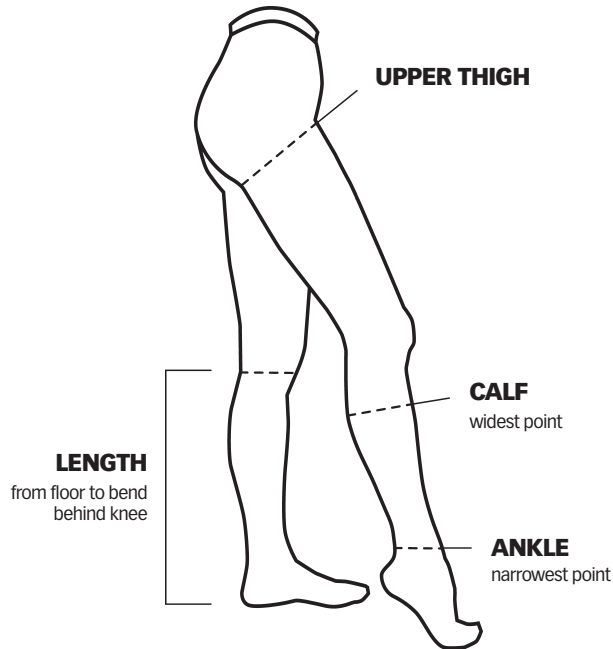


## MEASUREMENT NOTES



## RECORD YOUR MEASUREMENTS

\_\_\_\_\_

ANKLE at narrowest point

\_\_\_\_\_

CALF at widest point

\_\_\_\_\_

UPPER THIGH

\_\_\_\_\_

LENGTH from floor to bend behind knee

\_\_\_\_\_

HEIGHT

\_\_\_\_\_

WEIGHT

## Selecting the Right Size for You

You can determine your compression hosiery size with these four steps.

### Step 1. Style:

Decide which style of hosiery as this determines what measurements are needed. Style types include: Knee High, Thigh High, Pantyhose. Jobst, Mediven, Allegro, and Juzo brands all have their own separate sizing charts. Since this can be confusing, particularly to first time buyers, please call our toll free number **1 (877) 545-8585** for respectful answers to any questions you may have.

### Step 2. Measuring:

For Allegro sheer and surgical pantyhose, you'll need to know your height and weight. For Mediven, Jobst, Juzo and Allegro sheer and surgical products, measure the circumference of the ankle at the narrowest point, measure the circumference of your calf at the widest point, and measure the distance from the floor to the bend in the back of your knee. In addition, for thigh-highs, also measure the circumference of your thigh about three-quarters of the way up from your knee. Write these measurements down.  
*See leg diagram above.*

### Step 3. Swelling:

When taking measurements, measure when swelling is at a minimum, usually in the morning. The ankle should be measured at the narrowest point, calf at the widest, and thigh three-quarters of the way above the knee.

### Step 4. Chart:

Look at the charts available at [www.brightlifedirect.com](http://www.brightlifedirect.com), which are based on brand name and hosiery styles, and find where your measurements fall.