



**ENERGY LEGS**  
*Compression Pressure Guide*

## Compression Classes

The severity of a venous disease determines the pressure required. Patients can get compression stockings in four (4) different compression classes.

CC	Description	Pressure	Application
1	Mild Compression	20-30 mmHg	Prevention in the case of tired, heavy legs, caused by prolonged standing/sitting and pregnancy
2	Moderate Compression	30-40 mmHg	Pronounced varicose veins, swollen legs, post phlebitis of veins, after sclerotherapy or surgery, in the case of varicose veins during pregnancy
3	Strong Compression	40-50 mmHg	After deep vein thrombosis, constant leg swelling, after leg ulcer
4	Extra-Strong Compression	50+ mmHg	Very pronounced swellings, lymphedema

## Compression Stocking Models

The severity of the venous disorder is determined by your physician. The model is often recommended on your prescription, or your physician might indicate you may choose your preference.

The assortment range is knee length, thigh high stockings or pantyhose. There are models for men and pregnant women.

## What different types of compression stockings are available?

Depending on your indication, your doctor will prescribe a stocking appropriate to your needs from the range of models. The products range from the transparent, highly elastic stocking in a wide range of fashionable colours, to the very strong, flat knit, inelastic custom seamed stocking.

The general rule for selecting the right stocking is: the more severely the damage to the venous system has progressed and the softer the leg tissue, the higher the compression level and firmer the stocking should be.