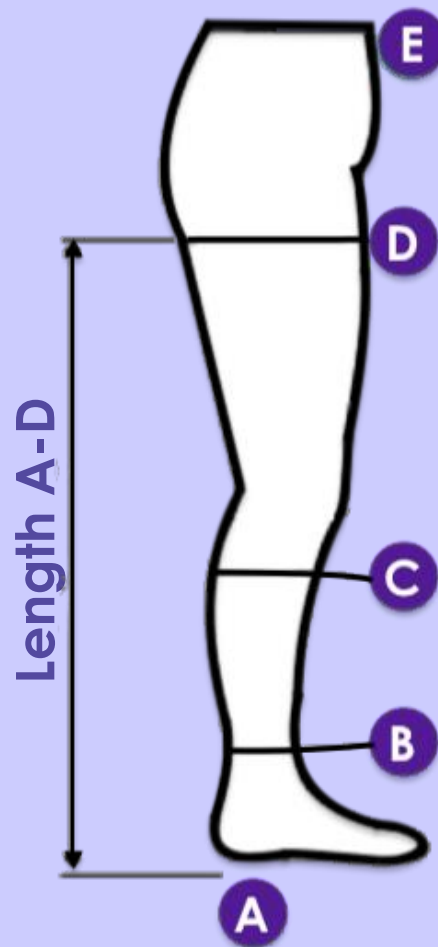




ENERGY LEGS

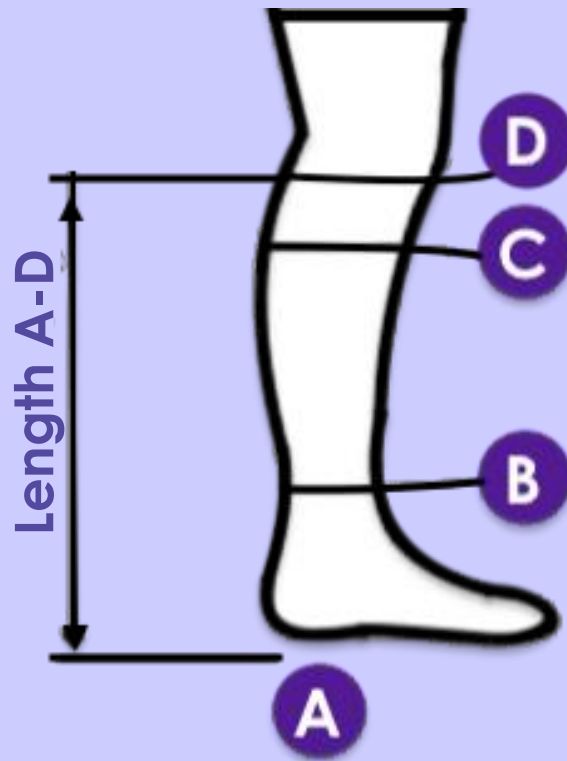
How to Measure for Compression Legwear

Thigh High & Pantyhose Style (Open or Closed Toe)



1. Measure your ankle circumference at the narrowest part of the ankle that is above the anklebone. (B)
2. Measure your calf circumference at the fullest part of the calf. (C)
3. Measure your thigh circumference at the top of the thigh/groin area. (D).
4. Determine your thigh length (A-D) by measuring from the floor to the gluteal (buttock) fold.
5. Measure your hip circumference at the fullest part of the hip.

Knee-High (Open or Closed Toe)



1. Measure the ankle circumference at the narrowest part of the ankle that is above the anklebone. (B)
2. Measure the calf circumference at the fullest part of the calf. (C)
3. Determine your calf length (A-D) by sitting on a chair and measuring from the floor to the bend of the knee, on the outside of the calf