How to Measure Compression Stockings, Socks, & Support Hose

Q: How do I measure my leg?

A: Measure your leg first thing in the morning, especially if you experience swelling throughout the day. If your legs are visibly different in size, measure both.

Knee High Measuring Instructions

**Ankle Measurement**

1. Measure around your ankle (this measurement is called the circumference). Place the measuring tape at the narrowest part of the ankle, above the ankle bone.

   Note: This must always be your first measurement

**Calf Measurement**

2. Find the widest part of your calf. Measure the circumference of your calf.
Calf Length

3. Sit on a chair with your legs at a 90-degree angle. Measure the distance from the bend in your knee to the floor.

Take these recorded measurements and use them in conjunction with the sizing chart for the brand of stockings you’ve chosen — such as Jobst, Sigvaris, Medi, and Juzo. All of these compression stocking manufacturers offer sizing charts that will ensure you get the proper fit. These sizing charts are located on the respective product pages. For answers to many commonly asked questions, please see our FAQ page.