

While the sizes on some light support stockings are determined by shoe size or height and weight, the sizes on most support stockings are determined using a few simple measurements.

Use the guide below to assist you in taking appropriate measurements. Be sure to record your sizes in order to appropriately utilize the sizing charts.

Simply follow the steps below and record your measurements for each step...

STEP 1: Measure the circumference of your ankle. Measure around the narrowest part of your ankle above the ankle bone. Record this measurement...



STEP ONE

STEP 2: Measure the circumference of your calf. Measure around your calf at its widest part. Record this measurement...



STEP TWO

STEP 3: Measure the length of your calf. Measure from the floor to the bend in your knee. Record this measurement...



STEP THREE

STEP 4: Measure the circumference of your thigh. Measure around the widest part of your thigh just below your gluteal fold. Record this measurement...



STEP FOUR

STEP 5: Measure the length of your thigh. Measure from the gluteal fold to the floor. Record this measurement...



STEP FIVE

STEP 6: Measure around your hips. Locate the widest part of your hips or waist and measure all the way around. Record this measurement...

Once you have completed your measurements, please **call us at 603-889-7220** or go to our website at **www.charronmed.com** to order your stockings.

ANKLE _____ (step 1)

CALF _____ (step 2)

CALF LENGTH _____ (step 3)

THIGH _____ (step 4)
For thigh and panty length only

THIGH LENGTH _____ (step 5)
For thigh and panty length only

HIPS _____ (step 6)
For panty length only