



## How to Measure for the Perfect Fit: Compression Stockings, Socks & Support Hose

Finding the right size compression stockings, socks and support hose is essential for getting the most out of them. Ill-fitting garments can be uncomfortable and may not provide the level of support you need.

This guide will walk you through how to measure yourself for different types of compression garments, including knee-high, thigh-high, pantyhose, arm sleeves, and gauntlets/gloves.

**Note:** *This guide is recommended for Jobst compression products. Always refer to the sizing chart for the specific product you're interested in purchasing on the product page.*

### General Tips

- Take your measurements first thing in the morning before your ankles have had a chance to swell.
- Use a soft, flexible tape measure. Don't pull it too tight – you want a snug but comfortable fit.

### Knee-High Measurements

1. **Ankle:** Measure the circumference of your ankle at the narrowest part, just above the ankle bone. This is the most important measurement.





2. **Calf:** Find the widest part of your calf and measure the circumference.



3. **Calf Length:** While sitting with your legs at a 90-degree angle, measure the distance from one finger below the bend in your knee to the floor.





## Thigh-High Measurements

1. **Ankle:** Measure the circumference of your ankle at the narrowest part, about half an inch above the ankle bone.



2. **Calf:** Find the widest part of your calf and measure the circumference.





3. **Thigh:** Find the widest part of your thigh, right under your buttocks, and measure the circumference.



4. **Leg Length:** Measure the distance from the bottom of your buttocks to the floor.



### Pantyhose Measurements

1. **Ankle:** Measure the circumference of your ankle at the narrowest part, about half an inch above the ankle bone.



2. **Calf:** Find the widest part of your calf and measure the circumference.





3. **Thigh:** Find the widest part of your thigh, right under your buttocks, and measure the circumference.



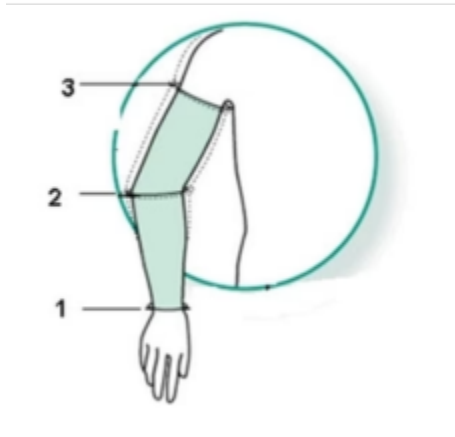
4. **Leg Length:** Measure the distance from the bottom of your buttocks to the floor.





## Arm Sleeve Measurements

1. **Wrist:** Measure the circumference of your wrist at the narrowest part.
2. **Elbow:** Measure the circumference of your elbow at the crease.
3. **Axilla:** Measure the circumference of your underarm (axilla) just underneath your armpit.



## Gauntlet & Glove Measurements



Palm Circumference



Wrist Circumference

1. **Hand:** Measure the circumference of your hand around your knuckles, excluding your thumb.



2. **Palm:** Measure the width of your palm from your thumb crease to your pinky finger crease.
3. **Length:** Measure the distance from your wrist crease to the tip of your middle finger.

By following these simple instructions, you can ensure you get the perfect fit for your compression garments and maximize their effectiveness.

**Happy Shopping!**

Source: <https://www.jobstockings.com>