

## Measuring Guide for Lower Extremity Compression Garments

Use sewing tape to wrap around leg areas. Record measurements where the tape touches together without pulling.



**1** Take circumferential measurement **A** at the 5th MTP (base of little toe) joint.



**2** Foot length **closed toe**: from the tips of the toes to end of the heel.  
Foot length **open toe**: from the 5th MTP joint to the end of heel. (Best taken from foot outline).



**3** Take circumferential measurement around the instep and heel at maximal dorsiflexion (flex toes toward head).



**4** Measure circumference **B** and length **B** above the ankle at the narrowest point of the calf.



**5** Measure circumference **B1** and length **B1** at the Achilles tendon/calf transition (8-10 cm above B).



**6** Measure circumference **C** and length **C** at the greatest calf circumference.



**7** Measure circumference **D** and length **D** at the tibial tuberosity (two finger widths below the kneecap).



**8** Measure length **E** to the middle of the kneecap with the leg extended.



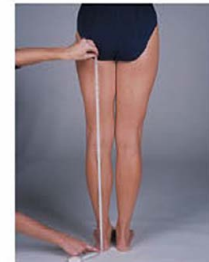
**9** Measure circumference **E** (knee circumference) at the middle of the patella (kneecap), with the leg flexed at a 45° angle.



**10** Measure circumference **F** and length **F** at the middle of the thigh.



**11** Measure circumference **G** and length **G** at the greatest thigh circumference.

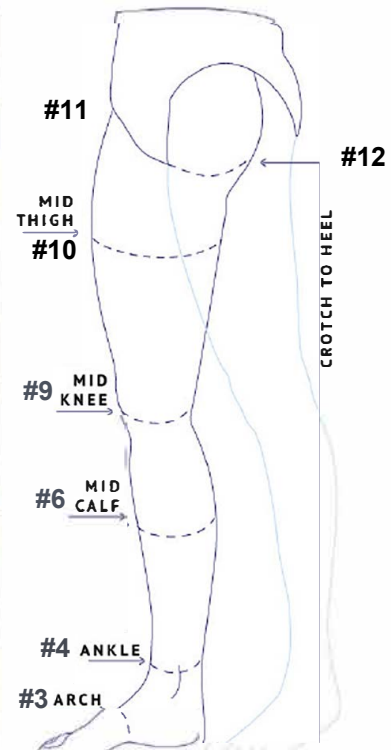


**12** Measure the length from the gluteal fold to heel.

Standard Leg Sleeve Size										
Measurements below are in <b>Inches</b> and are the maximum allotted point on limb										
Part Number	Size	Fit	Circumferences					Lengths		
			Thigh below Crotch	Mid Thigh	Mid Knee	Mid Calf	Ankle	Arch (Instep)	Crotch to Heel (Length)	Inguinal Crease
GN-3045-S	Small	Narrow	25.5"	25"	22"	20"	18"	19.5"	25.5"	27"
GN-3045-M	Medium	Narrow	27.5"	25.5"	23"	20"	18"	19.5"	28"	32"
GN-3045-L	Large	Narrow	28"	26"	24"	21"	18"	19.5"	32"	36"
GS-3045-H	Half	Standard	N/A	N/A	29"	27"	23.5"	22"	19"	NA
GS-3045-S	Small	Standard	31"	30"	28"	24.5"	21.5"	19.5"	25.5"	27"
GS-3045-M	Medium	Standard	32"	30"	28"	24.5"	21.5"	19.5"	28"	32"
GS-3045-L	Large	Standard	33"	32"	30"	26"	21.5"	19.5"	32"	36"
GW-3045-H	Half	Wide	N/A	N/A	30.5"	28"	29"	23"	19"	NA
GW-3045-S	Small	Wide	35.5"	34"	30.5"	28"	25.5"	21.5"	25.5"	27"
GW-3045-M	Medium	Wide	36.5"	34"	30"	28"	25.5"	22.5"	28"	32"
GW-3045-L	Large	Wide	37"	36"	32"	29"	24"	20.5"	32"	36"
GXW-3045	Medium	Extra Wide	44"	41"	36"	34"	30"	22.5"	29"	32"

Measurements below are in <b>Centimeters</b> and are the maximum allotted point on limb										
Part Number	Size	Fit	Circumferences					Lengths		
			65	64	56	51	46	50	65	69
GN-3045-S	Small	Narrow	65	64	56	51	46	50	65	69
GN-3045-M	Medium	Narrow	70	65	58	51	46	50	71	81
GN-3045-L	Large	Narrow	71	66	61	53	46	50	81	91
GS-3045-H	Half	Standard	N/A	N/A	74	69	60	56	48	NA
GS-3045-S	Small	Standard	79	76	71	62	55	50	65	69
GS-3045-M	Medium	Standard	81	76	71	62	55	50	71	81
GS-3045-L	Large	Standard	84	81	76	66	55	50	81	91
GW-3045-H	Half	Wide	N/A	N/A	78	71	74	58	48	NA
GW-3045-S	Small	Wide	90	86	77	71	65	55	65	69
GW-3045-M	Medium	Wide	93	86	76	71	65	57	71	81
GW-3045-L	Large	Wide	94	91	81	74	61	52	81	91
GXW-3045	Medium	Extra Wide	112	104	91	86	76	57	74	81



Record Measurements on Forms in Patient Document Section