

## (800) 556-5572 www.drcomfort.com

# Fitting Guide & Measurement Charts

## Different Lifestyles Need Different Levels of Support

Our socks, hosiery and specialty medical products are available in multiple levels of medically correct compression.



## Gentle Compression

Great for everyday preventative support. Safe for people with diabetes, too.

- Reduce leg fatigue and aches
- Prevent minor leg, ankle and foot swelling
- Protect your feet and lower legs



## Anti-Embolism Compression

Recommended following surgery, when confined to a bed and for prolonged reclining.

- Improve circulation and valve function
- Relieve mild swelling in legs, ankle and feet
- Protect against deep vein thrombosis (DVT)
- Prevent blood clots



## Moderate Compression

Ideal following surgery, during and after pregnancy and when traveling.

- Prevent swelling in legs, ankles and feet
- Alleviate early lower limb conditions
- Encourage circulatory wellness



## Firm Compression

Recommended during and after pregnancy and following vein ligation procedures.

- Control mild edema
- Prevention of pooling of blood in the legs
- Arterial and venous insufficiencies
- Deep vein thrombosis (DVT) prevention

## Extra Firm Compression

Typically used by physician recommendation.

- Control moderate to severe edema and varicosities — as well as superficial thrombophlebitis
- Prevent recurrence of venous ulcerations
- Protect against deep vein thrombosis (DVT)

## Measuring For The Most Accurate Fit

## TAKING MEASUREMENTS

Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.



# Use the handy Shape-to-Fit tape measure for easy, accurate measuring!



## Fitting FAQ's

Fitting Questions? Go to www.drcomfort.com/faq.pdf or call us at (800) 556-5572.



MEASUREMENT CHART for WOMEN'S COMFORT SHEER COLLECTION Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.										
		S	Μ	L	XL	LXR	XLXR			
Sheer Lace	ANKLE Circumference	7 - 81/4"	83/8 - 97/8"	10 - 113/8"	11½ – 13″	10½ – 12″	121/8 – 15″			
Sheer Comfort	(for KNEE HIGHS, THIGH HIGHS and PANTY HOSE)	(18 – 21cm)	(21 – 25cm)	(25 – 29cm)	(29 – 33cm)	(27 – 31cm)	(31 – 38cm)			
Sheer Open-Toe	CALF Circumference	11 – 15″	117⁄8 – 16½″	12½ - 181/8"			18 – 24″			
Extra-Roomy Sheer	(for KNEE HIGHS)	(28 – 38cm)	(30 – 42cm)	(32 – 46cm)	(34 – 50cm)	(40 – 56cm)	(46 – 61cm)			
Comfort	THIGH Circumference (for THIGH HIGHS and PANTY HOSE)	15¾ — 24¾" (40 – 62cm)	18½ – 27½" (46 – 70cm)	21¼ - 30¾" (54 - 78cm)	235 / 8 − 32″ (60 − 81cm)	-	N/A			
	HIP Circumference (for PANTY HOSE)	28 – 45" (71 – 115cm)	30 – 50″ (76 – 127cm)	33 – 54" (83 – 137cm)	40 – 65″ (102 – 166cm)	_	N/A			
	Shoe Size (use as a guide only) W	5 – 7	$7\frac{1}{2} - 9\frac{1}{2}$	10 – 12	12½ Plus	-	N/A			

## MEASUREMENT CHART for WOMEN'S MATERNITY PANTYHOSE COLLECTION

	Always measure the narrowest p	oart of the ankle	e and the wides	st part of the c	alf, hips or thigl	hs.	
Micro-fiber Maternity Pantyhose	FOR CALF SLEEVES ONLY	S	М	L	XL	LXR	XLXR
	ANKLE Circumference	7 - 8" (18 - 23cm)	8 - 9½" (23 - 26cm)	9½ - 11" (26 - 32cm)	11 - 12½" (29 - 33cm)	-	-
	CALF Circumference	$10^{1/2} - 14^{1/2}''$ (28 - 41cm)	11½ – 15½" (31 – 43cm)	12½ – 17″ (34 – 47cm)	13½ – 18″ (29 – 33cm)	-	-
	THIGH Circumference	16 – 22″ (To 36cm)	17½ – 24″ (To 39cm)	<b>19</b> ½ – <b>26</b> ″ (To 43cm)	22 - 28" (29 - 33cm)	_	-
	THIGH Length	To 29" (To 36cm)	To 30" (To 39cm)	To 31" (To 43cm)	To 32" (29 – 33cm)	_	-

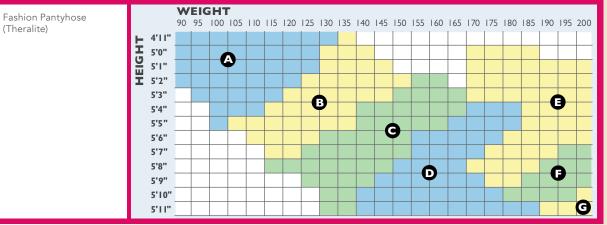
## MEASUREMENT CHART for WOMEN'S COMFORT & CASUAL COLLECTION

Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.											
Tencel Casual			S	Μ	L	XL	LXR	XLXR			
Micro-nylon Casual	ANKLE Circumference (for KNEE HIGHS, THIGH HIGHS and PANTY HOSE)		7 - 8¼" (18 - 21cm)	8 <sup>3</sup> / <sub>8</sub> - 97/ <sub>8</sub> " (21 - 25cm)	10 - 11¾8″ (25 - 29cm)	11½ – 13″ (29 – 33cm)	10½ – 12″ (27 – 31cm)	121⁄8 - 15″ (31 - 38cm)			
Micro-nylon Fashion Cotton Casual	CALF Circumference (for KNEE HIGHS)		11 — 15″ (28 – 38cm)	117⁄8 — 16½″ (30 – 42cm)	12½ – 18⅛" (32 – 46cm)	13¾ – 19¾" (34 – 50cm)	16 – 22″ (40 – 56cm)	18 – 24″ (46 – 61cm)			
Wool Casual Super Soft	Shoe Size (use as a guide only)	W	5 – 7	$7\frac{1}{2} - 9\frac{1}{2}$	10 – 12	12½ Plus	-	N/A			
Therapeutic Trouser Patterned Trouser			S	М	L	XL	LXR	XLXR			
	Shoe Size (use as a guide only)	W	5 – 7	$7\frac{1}{2} - 9\frac{1}{2}$	10 – 12	12½ Plus	_	N/A			

### MEASUREMENT CHART for WOMEN'S TRULY SHEER COLLECTION

	Always measure the narrowest p	oart of the ankle	e and the wide	st part of the c	alf, hips or thig	hs.	
Fashion Knee High		S	Μ	L	XL	LXR	XLXR
Fashion Thigh High	ANKLE Circumference (for KNEE HIGHS and THIGH HIGHS)	7 - 8" (18 - 23cm)	8 - 9½" (23 - 26cm)	9½ - 11″ (26 - 32cm)	11 - 12½" (29 - 33cm)	-	-
	CALF Circumference (for KNEE HIGHS and THIGH HIGHS)	$10\frac{1}{2} - 14\frac{1}{2}''$ (28 - 41cm)	11½ – 15½" (31 – 43cm)	12½ – 17″ (34 – 47cm)	13½ – 18″ (29 – 33cm)	-	-
	CALF Length (for KNEE HIGHS)	<b>To 16″</b> (To 36cm)	To 17" (To 39cm)	To 18" (To 43cm)	To 19" (29 – 33cm)	_	-
	THIGH Circumference (for THIGH HIGHS)	16 – 22″ (To 36cm)	17½ – 24″ (To 39cm)	19½ – 26″ (To 43cm)	22 – 28″ (29 – 33cm)	-	-
	THIGH Length (for THIGH HIGHS)	To 29" (To 36cm)	To 30″ (To 39cm)	To 31" (To 43cm)	To 32" (29 – 33cm)	-	-

### MEASUREMENT CHART for WOMEN'S TRULY SHEER COLLECTION



### MEASUREMENT CHART for WOMEN'S WHISPER THERAPEUTIC COLLECTION

	Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.											
Whisper Knee High		S	Μ	L	XL	2X	3X	4X				
Whisper Thigh High	ANKLE Circumference (for KNEE HIGHS and THIGH HIGHS)	7 - 8" (18 - 23cm)	8 - 9½" (23 - 26cm)	9½ – 11″ (26 – 32cm)	11 - 12½" (29 - 33cm)	12½ – 13½" (33 – 33cm)	' 13½ – 14½'' (29 – 33cm)	15 — 18" (29 – 33cm)				
	CALF Circumference (for KNEE HIGHS and THIGH HIGHS)	$10^{1/2} - 14^{1/2}''$ (28 - 41cm)	11½ – 15½" (31 – 43cm)	12½ – 17″ (34 – 47cm)	13½ – 18″ (29 – 33cm)	14½ – 20″ (29 – 33cm)	18½ – 23″ (29 – 33cm)	17 – 24" (29 – 33cm)				
	CALF Length (for KNEE HIGHS)	To 16" (To 36cm)	To 17" (To 39cm)	To 18" (To 43cm)	To 19" (29 – 33cm)	To 19" (29 – 33cm)	To 19" (29 – 33cm)	To 19" (29 – 33cm)				
	THIGH Circumference (for THIGH HIGHS)	16 – 22″ (To 36cm)	17½ – 24″ (To 39cm)	19½ – 26″ (To 43cm)	22 – 28" (29 – 33cm)	_	_	-				
	THIGH Length (for THIGH HIGHS)	To 29" (To 36cm)	To 30" (To 39cm)	To 31" (To 43cm)	To 32" (29 – 33cm)	-	_	_				

## MEASUREMENT CHART for MEN'S COMFORT COLLECTION

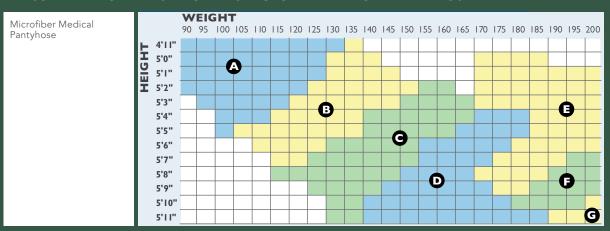
	Always measure the narrow	Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.									
Cotton Dress			S	М	L	XL	LXR	XLXR			
Micro-nylon Dress	ANKLE Circumference (for KNEE HIGHS, THIGH HIGHS and PANTY HOSE)		7 - 8¼″ (18 - 21cm)	8¾ - 91⁄8″ (21 - 25cm)	10 - 11¾" (25 - 29cm)	11½ – 13″ (29 – 33cm)	10½ – 12″ (27 – 31cm)	121⁄8 - 15" (31 - 38cm)			
Tencel Dress Wool Dress	CALF Circumference (for KNEE HIGHS)		11 – 15" (28 – 38cm)	117⁄8 – 16½" (30 – 42cm)	12½ – 18¼″ (32 – 46cm)	13¾ – 19¾" (34 – 50cm)	16 – 22″ (40 – 56cm)	18 - 24" (46 - 61cm)			
	Shoe Size (use as a guide only)	Μ	6 - 71/2	8 – 10	10½ - 12½	13 Plus	-	-			
Cotton Casual											
			S	Μ	L	XL	LXR	XLXR			
Exec. Striped											
Patterned Casual	Shoe Size (use as a guide only)	Μ	5 – 7	7½ – 10	10½ – 12	12½ – 14	-	-			
Lt. & Med. Support Dress											

### MEASUREMENT CHART for UNISEX COMFORT COLLECTION

	Always measure the narrowe	est p	art of the ankle	e and the wide	st part of the c	alf, hips or thi	ghs.	
Open Toe Socks			S	Μ	L	XL	LXR	XLXR
Diabetic Support Socks	ANKLE Circumference (for KNEE HIGHS, THIGH HIGHS)		7 - 8¼" (18 - 21cm)	8¾ – 91⁄8″ (21 – 25cm)	10 - 11¾" (25 - 29cm)	11½ – 13″ (29 – 33cm)	-	-
Sports Socks	CALF Circumference		11 – 15″	11% - 16½"	121/2 - 181/8"	133/8 – 193/8"		
Sheer Thigh High	(for KNEE HIGHS)		(28 – 38cm)	(30 – 42cm)	(32 – 46cm)	(34 – 50cm)	_	_
Sheer Open-Toe Thigh High	THIGH Circumference (for THIGH HIGHS)		15¾ – 24¾" (40 – 62cm)	18½ – 27½" (46 – 70cm)	21¼ - 30¾" (54 - 78cm)	235 – 32″ (60 – 81cm)	_	-
30-40mmHg Ulcer Kit	SHOE SIZE	M W	6 – 7½ 5 – 7	8 – 10 7½ – 9½	10½ – 12½ 10 – 12	13 Plus 12½ Plus	_	-
			S	М	1	XL	LXR	XLXR
Graduated Calf Sleeve	ANKLE Circumference (for CALF SLEEVE)		7 – 9″ (18 – 21cm)	9½ - 10½" (21 - 25cm)	10 <sup>1</sup> / <sub>4</sub> - 12 <sup>1</sup> / <sub>2</sub> " (25 - 29cm)	-	10½ – 12" (27 – 31cm)	12 <sup>1</sup> / <sub>8</sub> – 15" (31 – 38cm)
	CALF Circumference		11 – 16″ (28 – 38cm)	12½ – 17″ (30 – 42cm)	13 — 18½" (32 – 46cm)	-	16 – 22″ (40 – 56cm)	18 – 24″ (46 – 61cm)
	Calf Length (for CALF SLEEVE)		To 14"	To 15½″	To 17"	-	To 17″	To 19″

#### MEASUREMENT CHART for MEDICAL SURGICAL & MICROFIBER MEDICAL COLLECTION Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.

	Privays measure the narrowest p			be parte or the t	an, mps or en	6.1.5.		
Medical Knee High		S	Μ	L	XL	2X	3X	4X
Medical Thigh High	ANKLE Circumference (for KNEE HIGHS and THIGH HIGHS)	7 – 8″ (18 – 23cm)	8 - 9½" (23 - 26cm)	9½ – 11″ (26 – 32cm)	11 - 12½" (29 - 33cm)	12½ – 13½ (33 – 33cm)	" 13½ – 14½" (29 – 33cm)	15 – 18" (29 – 33cm)
Microfiber Med. Knee High	CALF Circumference	101/2 - 141/2"	11½ – 15½"	12½ – 17″	13½ – 18″	14½ – 20″	18½ – 23″	17 – 24"
Microfiber Med. Thigh High	(for KNEE HIGHS and THIGH HIGHS)	(28 – 41cm)	(31 – 43cm)	(34 – 47cm)	(29 – 33cm)	(29 – 33cm)	(29 – 33cm)	(29 – 33cm)
	CALF Length (for KNEE HIGHS)	To 16" (To 36cm)	To 17" (To 39cm)	To 18" (To 43cm)	To 19" (29 – 33cm)	To 19" (29 – 33cm)	To 19" (29 – 33cm)	To 19" (29 – 33cm)
	THIGH Circumference (for THIGH HIGHS)	16 – 22″ (To 36cm)	17½ – 24″ (To 39cm)	<b>19</b> ½ – 26″ (To 43cm)	22 – 28" (29 – 33cm)	_	-	-
	THIGH Length (for THIGH HIGHS)	To 29" (To 36cm)	To 30" (To 39cm)	To 31" (To 43cm)	To 32" (29 – 33cm)	-	-	-



#### MEASUREMENT CHART for WOMEN'S MICROFIBER MEDICAL PANTYHOSE

#### MEASUREMENT CHART for ANTI-EMBOLISM COLLECTION

Anti-Embolism Knee High			S	М	L	XL	2X	3X
Anti-Embolism Thigh High	ANKLE Circumfere (for KNEE HIGHS and THIG		7 - 7¾" (18 - 20cm)	8 – 8¾" (21 – 22cm)	9 – 9¾" (23 – 25cm)	10 – 10¾" (25 – 27cm)	11 – 12" (28 – 31cm)	12 - 13½" (31 - 34cm)
	CALF Circumferen (for KNEE HIGHS and THIG		To 12½" (To 32cm)	12½ – 14½" (32 – 37cm)	14½ – 16½" (37 – 42cm)	16½ - 18½" (42 - 47cm)	18½ - 20½' (47 - 52cm)	'20½ - 22½'' (52 - 57cm)
	THIGH Circumferen (for THIGH HIGHS)	nce	To 12½" (To 32cm)	12½ – 14½" (32 – 37cm)	14½ – 16½" (37 – 42cm)	16½ – 18½" (42 – 47cm)	18½ - 20½ (47 - 52cm)	′20½ – 22½′′ (52 – 57cm)
	CALF Length (for KNEE HIGHS)	short	12 – 14″ (31 – 36cm)	13 — 15″ (33 — 36cm)	14 – 16″ (36 – 41cm)	14 – 16″ (36 – 41cm)	15 – 17" (38 – 43cm)	15 – 17" (38 – 43cm)
		regular	14 — 16" (36 – 41cm)	15 — 17″ (38 – 43cm)	16 — 18″ (41 — 46cm)	16 — 18″ (41 — 46cm)	17 – 19" (43 – 48cm)	17 – 19" (43 – 48cm)
		long	16 — 18″ (41 – 46cm)	17 – 19″ (43 – 48cm)	18 — 20" (46 — 51cm)	18 – 20″ (46 – 51cm)	19 – 21″ (48 – 53cm)	19 – 21" (48 – 53cm)
	THIGH Length (for THIGH HIGHS)	short	27 – 29″ (31 – 36cm)	27 — 29″ (33 – 36cm)	27 – 29″ (36 – 41cm)	27 – 29″ (36 – 41cm)	27 – 29″ (38 – 43cm)	27 – 29″ (38 – 43cm)
		regular	29 - 31" (36 - 41cm)	29 – 31″ (38 – 43cm)	29 — 31" (41 — 46cm)	29 — 31″ (41 – 46cm)	29 – 31" (43 – 48cm)	29 – 31" (43 – 48cm)
		long	31 – 33″ (41 – 46cm)	31 – 33" (43 – 48cm)	31 – 33" (46 – 51cm)	31 – 33″ (46 – 51cm)	31 – 33″ (48 – 53cm)	31 – 33" (48 – 53cm)

MEASUREMENT CHART for MASTECTOMY ARMSLEEVE Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.											
Mastectomy Armsleeve		S	М	L	XL						
Mastectomy Amisieeve	ARMPIT Circumference	10½ – 12″ (18 – 21cm)	12 - 13¾″ (21 - 25cm)	13¾ - 15¾" (25 - 29cm)	15¾ — 17¾" (29 – 33cm)						
	ELBOW Circumference	9¼ - 105⁄8″ (28 - 38cm)	105⁄8 – 121⁄4″ (30 – 42cm)	12¼ – 14″ (32 – 46cm)	14 - 161⁄8" (34 - 50cm)						
	WRIST Circumference	5% - 6%" (40 - 62cm)	65⁄8 — 75⁄8″ (46 – 70cm)	75⁄8 — 87⁄8″ (54 – 78cm)	87/8 - 101/4" (60 - 81cm)						

#### MEASUREMENT CHART for MEN'S & WOMEN'S DIABETIC COMFORT SOCKS COLLECTION Always measure the narrowest part of the ankle and the widest part of the calf, hips or thighs.

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Crow Longth			XS	S	М	L	XL			
Crew Length	Shoe Size	М	4 – 6	$6^{1/2} - 8$	8½ - 10	10½ – 12	12 – 15			
Ankle Length	(for CREW, ANKLE, NO SHOW, OVER THE CALF)	W	4 – 7	072 – 0 7½ – 9	9½ – 10 9½ – 11	1072 – 12 11½ – 13	13 Plus			
No Show	Chao Cine									
Over the Calf	Shoe Size (for MERRY JANE)	W	-	5 – 7	71/2 - 91/2	10 – 13	-			
Merry Jane	Shoe Size	Μ		5 - 71/2	81/2 - 101/2	11 – 14				
Transmet	(for TRANSMET)	W	-	6 - 81/2	91/2 - 111/2	12 Plus	-			
Extra Roomy Crew	Shoe Size (for EXTRA ROOMY CREW)	M W	_	5 – 8 6 – 9	8½ - 11½ 9½ - 12½	12 – 15 13 Plus	-			