

COMPRESSION  
THAT  
STANDS  
APART



DEFY GRAVITY

JOBST

Venous & Lymphatic Conditions  
Lower Extremity

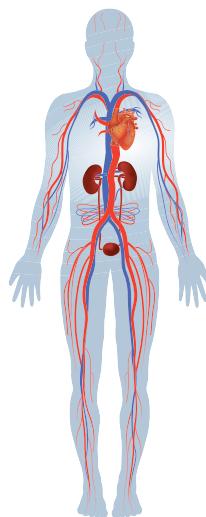
# VENOUS OVERVIEW

## BLOOD, VEINS & VALVES

### HOW IT CIRCULATES

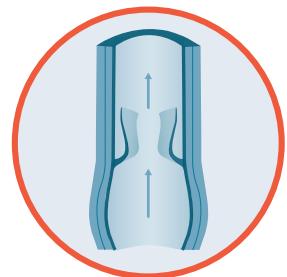
The circulation of blood is possible based on three major components: the heart, arteries, and veins.

The pumping action of the heart forces blood through the arteries and veins of the body. Arteries are the vessels that carry blood from the heart to the body tissues. Veins return the blood back to the heart.



### HOW THEY WORK

Valves, located inside the veins, keep the blood flowing in one direction – toward the heart. Valves open to allow blood to return to the heart. They then close to prevent the blood from flowing backwards.



Valves open when muscles contract, allowing blood to return to the heart.

### HOW VEIN PROBLEMS OCCUR

When a valve no longer closes properly or fully, problems can develop. Weak or damaged valves cannot support the blood when the muscle relaxes. This allows blood to flow backwards in the vein, creating pressure on the valves below. These valves can also weaken. Blood return to the heart is reduced and other complications can develop.

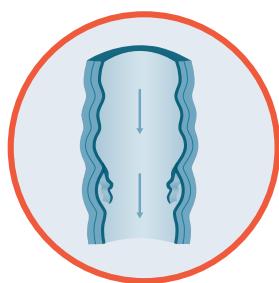


Valves close when muscles relax. Preventing blood from flowing backwards.

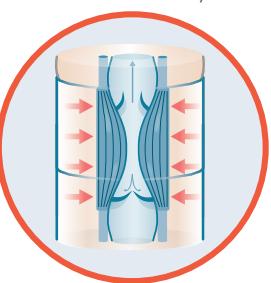
### POOLING

A damaged or poorly closing valve in a vein allows blood to flow backwards. This can cause blood to back up and collect in the veins of the lower leg. Pooling of blood in the veins of the lower leg causes swelling, especially near the ankles and calves.

Deficient valve: Allows venous blood to reflux



With compression: Allows muscle to assist valve to function correctly



## ENLARGED VEINS

When a valve is damaged or missing, the backup of blood results in higher pressure in the veins below. This higher pressure, which directly affects the superficial veins (those closest to the skin), may strain the walls of the vein, causing them to enlarge and even twist. As the veins enlarge, the valves within them can no longer close fully. Enlarged superficial veins are visible bulges under the skin of the leg. These "ropy" veins are called varicose veins.

## BLOOD CLOTS

When blood cells stick together near a valve, a clot can form which may partially or completely block the flow of blood through the vein. Slow moving or poorly flowing blood in the veins is more likely to clot. Clots may be caused by sluggish blood flow, injury to a vein, or abnormal blood clotting factors.

A clot in the deep veins, which is the most serious, is called a deep vein thrombosis (DVT). Part of a DVT may break loose and lodge in the lungs or may also cause long-term problems in the leg.

## CHRONIC VENOUS INSUFFICIENCY (CVI)

CVI results from damaged valves in the veins, causing blood to pool in the legs. This can lead to swelling, discomfort, skin damage, and leg ulcers. Although there is no cure for this chronic condition, CVI can be effectively managed.

### Symptoms of CVI include:

- Inflammation and/or swelling of the leg
- Leg pain
- Varicose veins
- Discoloration of the skin
- Hardening of the skin or leg ulcers

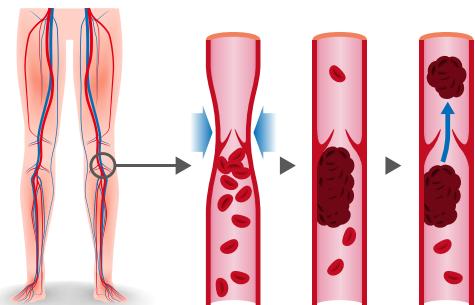
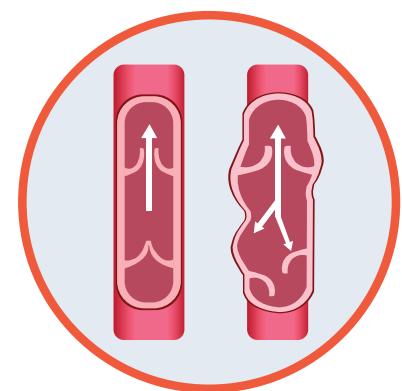
## VENOUS LEG ULCER (VLU)

The chronic backup of blood due to damaged valves allows blood to pool in the lower leg, causing swelling. Chronic swelling interferes with the nutrition and oxygen supply to the skin. The skin becomes dry, flaky and darker in color. The skin is fragile and easily breaks with minor trauma, forming an open wound, which is slow to heal.

### Symptoms of venous ulcers include:

- Swelling of the lower leg
- Dermatitis (or changes in the skin)
- Purple or brown discoloration of the skin around and above the ankles
- Open wound which may have drainage/discharge

**TO LEARN MORE ABOUT VENOUS DISEASE AND JOBST PRODUCTS  
VISIT [JOBST-USA.COM](http://JOBST-USA.COM)**



## CAUSES AND RISK FACTORS OF VENOUS DISORDERS<sup>3</sup>

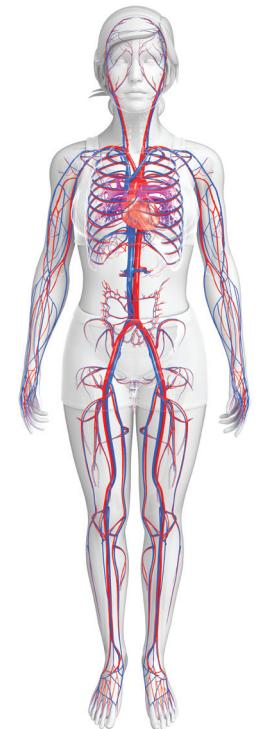
- ✓ Heredity
- ✓ Lack of exercise
- ✓ Age
- ✓ Pregnancy
- ✓ Tight-fitting clothing
- ✓ High-heeled shoes
- ✓ Obesity

# LYMPHEDEMA OVERVIEW

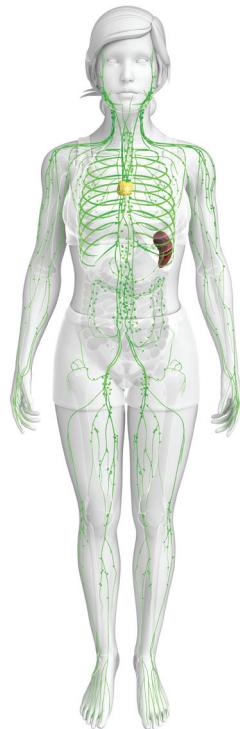
## INTRODUCTION

The complex circulatory system is comprised of two systems:

- The closed-blood circulation system consisting of veins and arteries
- The half-open lymphatic system which, in addition to its known immunological functions, also has important circulatory functions



Circulatory System

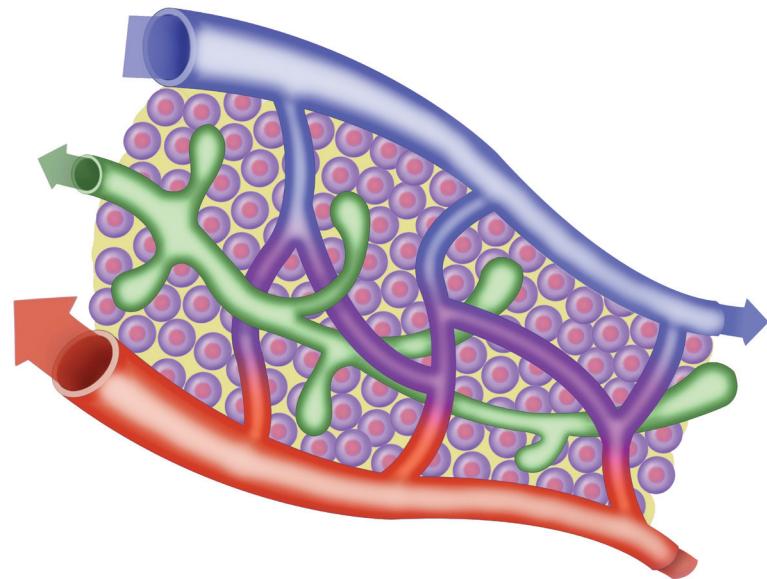


Lymphatic System

## FUNCTIONAL ANATOMY

The lymphatic system can be divided into three functional parts:

1. lymph production in the initial lymph vessels
2. lymph transport through the lymph collectors
3. lymph concentration and filtration in the lymph nodes

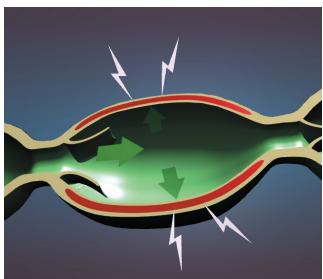


## LYMPH PRODUCTION

Lymph production takes place in the terminal vessels which are comprised of the blood capillaries and initial lymph vessels.

## LYMPH TRANSPORT

The initial lymph vessels make up a superficial, valveless network extending throughout the entire body. The lymph is transported from these vessels to the larger, deeper lymph vessels, the lymph collectors.



The lymph collectors run to the regional lymph nodes. This gives rise to different lymph territories separated from each other by lymphatic watersheds.

The lymph vessels are equipped with valves which determine the direction of flow. The lymph vessel segment bounded by two valves is known as a "lymphangion." Each lymphangion has an innervated powerful smooth muscle that makes it pulsate like a small heart which transports the lymph from one lymphangion to the next.

Lymph transport is influenced by several auxiliary mechanisms. The most important of these in the limbs are the muscle pumps that come into effect during movement.

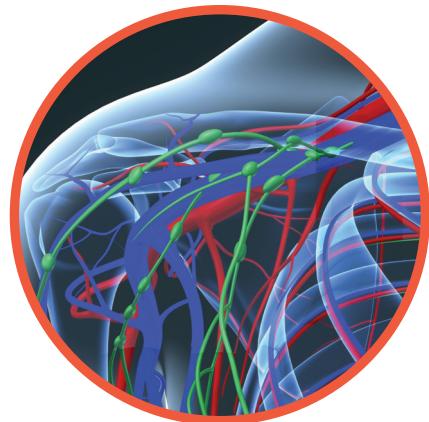
On its way into the closed blood circulation, the lymph passes through several lymph nodes frequently arranged in groups.

The lymph nodes have important immunologic functions. Bacteria and cell debris are filtered out of the lymph by immune defense cells. The lymph nodes also contain specific cellular defense substances which can destroy cancer cells.

## LYMPHEDEMA

In this complex system of lymphatics, disorders can develop, which can have serious consequences. The most prevalent of these disorders is lymphedema.

Lymphedema is a chronic disease with a tendency to progression. It can affect all parts of the body, most often the limbs.



## WHAT CAUSES LYMPHEDEMA?

- ✓ The causes of lymphedema may be found in lymph production, lymph transport, or lymph nodes.
- ✓ Primary lymphedema is usually due to a birth defect, such as hyperplasia or hypoplasia of the lymph capillaries or lymph vessels.
- ✓ Secondary causes can be due to disease or damage to the originally intact lymphatic system.

# WHY JOBST®?

**JOBST® is the brand that welcomes a patient to the world of compression therapy; the brand that helps them adopt to the therapy; and will adapt to a patient's needs for a lifetime.**



## FABRIC

JOBST® compression therapy comes in a wide assortment of fabric types. From UltraSheer compression therapy to custom flat-knit for maximum containment, there is a fabric choice to every patient's needs. If color is a concern, JOST® compression therapy comes in a wide array of fashionable colors.

## COMPRESSION LEVELS

JOBST® Ready-to-Wear medical compression products are available in four compression levels: 8-15, 15-20, 20-30 and 30-40 mmHg. JOST® Custom garments can be ordered in a variety of compression levels. The right compression level helps ensure that venous and lymphatic disease is managed effectively.

## STYLES

JOBST® Compression Therapy is available in many styles. Any style is suitable provided the affected area is covered.



# PRODUCT SELECTION GUIDE

**JOBST® offers a wide range of fashionable compression wear to meet all of your patients' therapeutic and lifestyle needs.**

## COMPRESSION GUIDE

JOBST® Compression Therapy			
	15-20 mmHg* (Moderate)	20-30 mmHg* (Firm)	30-40 mmHg* (Extra Firm)
<b>Symptoms/ Compression Needs</b>	<ul style="list-style-type: none"> <li>- Minor varicosities</li> <li>- Minor ankle, leg and foot swelling</li> <li>- Minor varicosities during pregnancy</li> <li>- Tired, aching legs</li> </ul>	<ul style="list-style-type: none"> <li>- Moderate to severe varicosities</li> <li>- Moderate edema</li> <li>- Moderate to severe varicosities during pregnancy</li> <li>- Helps prevent recurrence of venous ulcerations</li> <li>- Superficial thrombophlebitis</li> <li>- Post surgical</li> </ul>	<ul style="list-style-type: none"> <li>- Severe varicosities</li> <li>- Severe edema, lymphatic edema</li> <li>- Chronic venous insufficiency</li> <li>- Helps prevent recurrence of venous ulcerations, manages active venous ulcerations</li> <li>- Helps prevent post-thrombotic syndrome</li> <li>- Manages manifestations of PTS</li> <li>- Post surgical</li> </ul>
<b>EVERYDAY</b>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® Opaque</li> <li>- JOBST® UltraSheer</li> <li>- JOBST® forMen</li> <li>- JOBST® Style</li> </ul> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>- JOBST® Relief</li> </ul> <p><b>Basic</b></p> <ul style="list-style-type: none"> <li>- JOBST® ACTIVA Sheer</li> <li>- JOBST® ACTIVA Men's Dress</li> <li>- JOBST® ACTIVA Opaque</li> <li>- JOBST® ACTIVA soSoft</li> </ul>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® Opaque</li> <li>- JOBST® UltraSheer</li> <li>- JOBST® forMen</li> <li>- JOBST® Style</li> </ul> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>- JOBST® Relief</li> </ul> <p><b>Basic</b></p> <ul style="list-style-type: none"> <li>- JOBST® ACTIVA Sheer</li> <li>- JOBST® ACTIVA Men's Dress</li> <li>- JOBST® ACTIVA Opaque</li> <li>- JOBST® ACTIVA soSoft</li> </ul>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® Opaque</li> <li>- JOBST® UltraSheer</li> <li>- JOBST® forMen</li> <li>- JOBST® Style</li> </ul> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>- JOBST® Relief</li> </ul>
<b>SITUATIONAL</b>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® ActiveWear</li> <li>- JOBST® Sport</li> </ul> <p><b>Basic</b></p> <ul style="list-style-type: none"> <li>- JOBST® ACTIVA Athletic</li> </ul>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® ActiveWear</li> <li>- JOBST® Sport</li> </ul> <p><b>Basic</b></p> <ul style="list-style-type: none"> <li>- JOBST® ACTIVA Athletic</li> </ul>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® ActiveWear</li> </ul>
<b>MEDICAL</b>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® SensiFoot™ (8-15 mmHg*)</li> <li>- JOBST® Maternity Opaque</li> </ul> <p><b>Basic</b></p> <ul style="list-style-type: none"> <li>- JOBST® ACTIVA Anti-Embolism**</li> </ul>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® Maternity Opaque</li> </ul>	<p><b>Premium</b></p> <ul style="list-style-type: none"> <li>- JOBST® UlcerCARE™ (40+ mmHg***)</li> </ul>

\* The mean compression of an average ankle size.

\*\* The nominal compression for an average ankle size.

\*\*\* The targeted nominal combined compression for an average ankle size.

The information included is for educational purposes only. It is not intended to be a substitute for professional nursing services. Always consult your healthcare provider if you have questions concerning your medical condition or treatment plan. Please refer to the product label and/or package insert for full instructions on the safe use of these products.

# EVERYDAY COMPRESSION



## JOBST® OPAQUE

- Smooth and breathable, designed for increased comfort
- Available in beautiful trendy colors

### COLORS



### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

30-40 mmHg\*



### STYLES



Knee High



Knee High Petite



Thigh High



Thigh High Petite



Waist High



## JOBST® ULTRASHEER

- Sheerness in a lightweight design
- Available in maternity pantyhose



### COLORS



### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

30-40 mmHg\*

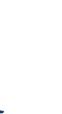
### STYLES



Knee High



Knee High Petite



Thigh High



Thigh High Petite



Waist High



## JOBST® STYLE

- Brings comfort without compromising your patients' day-to-day style
- Available in 3 fashionable colors

### COLORS



### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

30-40 mmHg\*



### STYLES



Knee High



## JOBST® RELIEF®

- Quality and efficacy at a moderate price
- Available in a variety of styles and compression levels

### COLORS



### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

30-40 mmHg\*

### STYLES



Knee High



Knee High Dot Band



Thigh High



Thigh High Silicone Dot



Waist High



Chaps

# EVERYDAY COMPRESSION



## JOBST® FORMEN

- Therapeutic effectiveness in a classic, comfortable, dress sock design

### COLORS

khaki

brown

anthracite

midnight navy

black

### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

30-40 mmHg\*

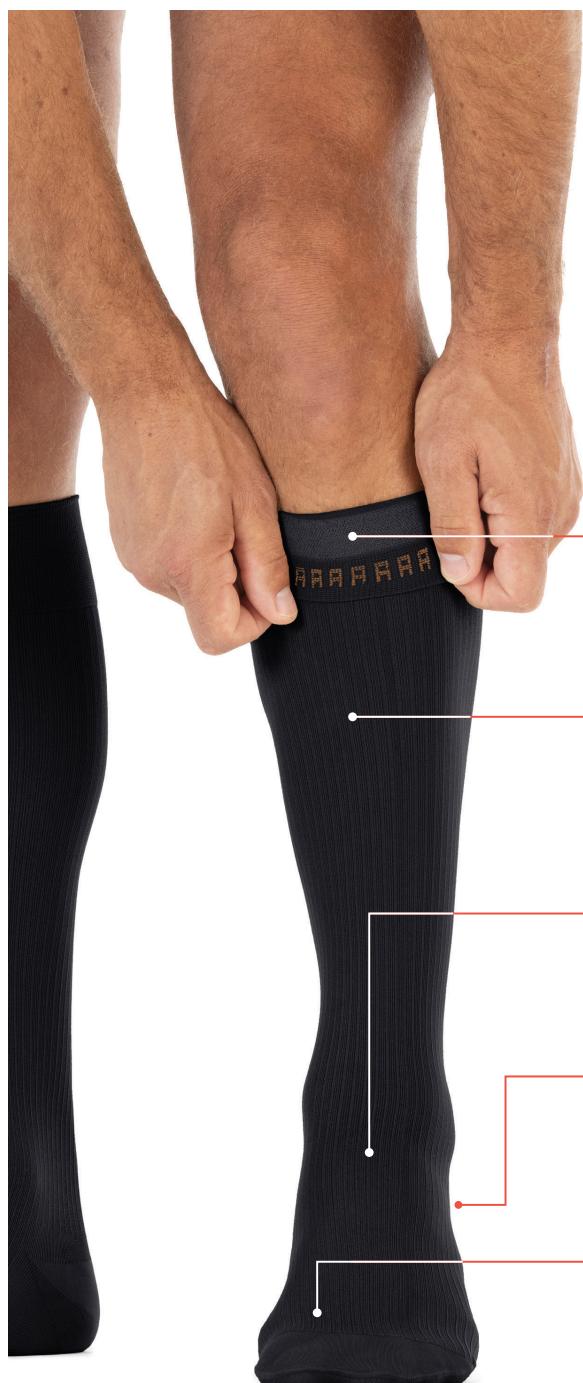
### STYLES



Knee High



Thigh High



OUR NEW VERSATILE  
PRODUCT FOR MEN,  
UNIQUELY COMBINES  
OUR BEST FEATURES

**SoftFit**  
ensures socks stay up  
for elevated comfort



**Durable fabric**  
designed for long-lasting  
compression



**StayFresh**  
effective odor control



**Specially constructed sole**  
for cushioning



**New anatomic toe area**  
for enhanced comfort  
and fit



# EVERYDAY COMPRESSION



## JOBST® ACTIVA SHEER

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

### COLORS

silky beige

sun bronze

black

### COMPRESSION CLASSES

8-15 mmHg\*

15-20 mmHg\*

20-30 mmHg\*

### STYLES



Knee High



Thigh High



Waist High



## JOBST® ACTIVA OPAQUE

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

### COLORS

silky beige

sun bronze

black

### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

### STYLES



Knee High



Thigh High



Waist High



# EVERYDAY COMPRESSION



## JOBST® ACTIVA MEN'S DRESS

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

### COLORS

black

navy

### COMPRESSION CLASSES

8-15 mmHg\*

15-20 mmHg\*

20-30 mmHg\*

### STYLES



Knee High



## JOBST® ACTIVA SOSOFT

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

### COLORS

sand ribbed

white ribbed

black ribbed

sand brocade

white brocade

black brocade

### COMPRESSION CLASSES

8-15 mmHg\*

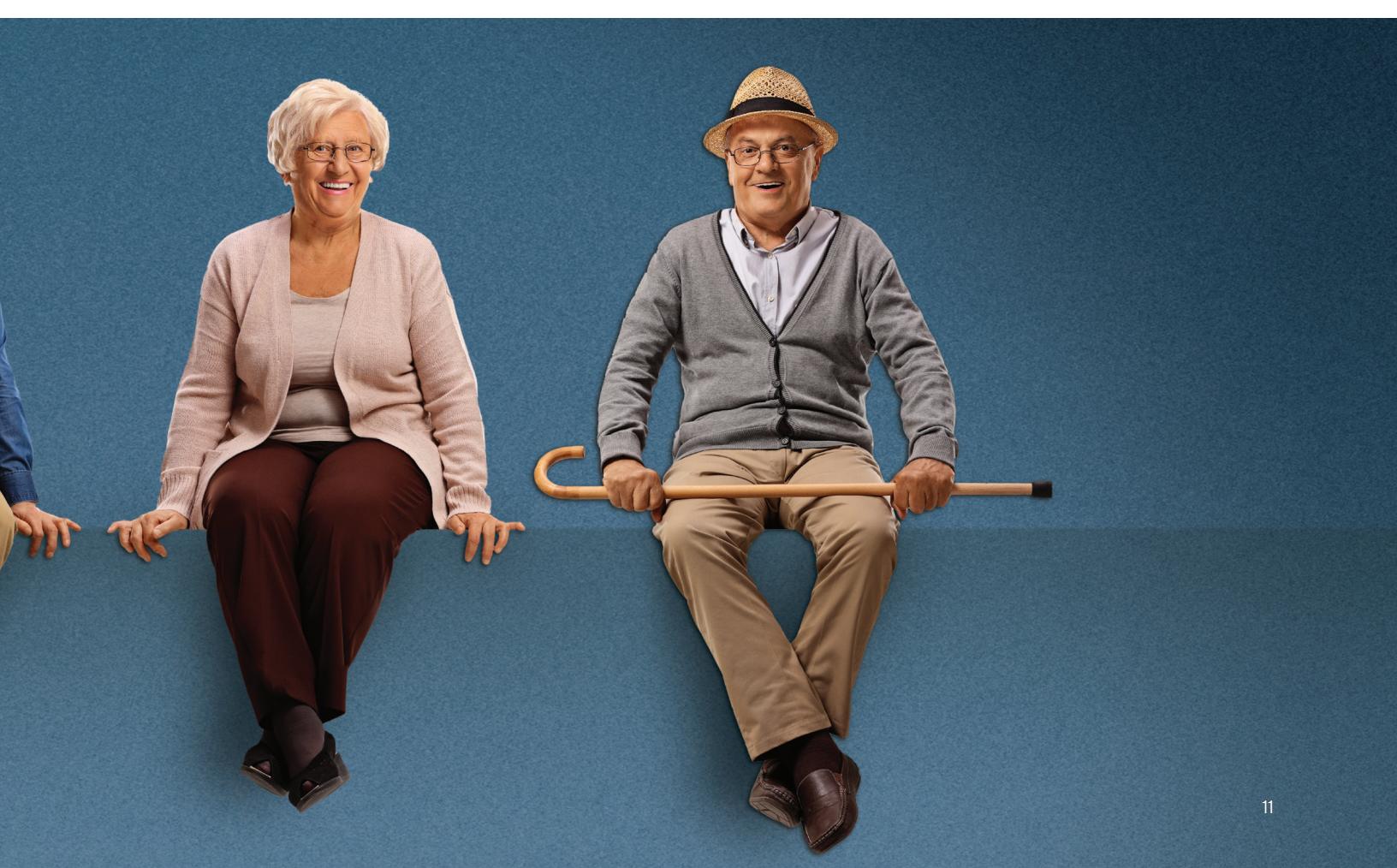
15-20 mmHg\*

20-30 mmHg\*

### STYLES



Knee High



# SITUATIONAL COMPRESSION



## JOBST® ACTIVEWEAR

- Cushioned foot part makes this sock incredibly comfortable
- The perfect sock for people with a standing occupation

### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

30-40 mmHg\*

### COLORS

white

black

gray

denim

### STYLES



Knee High



## JOBST® SPORT

- The perfect combination of athletic styling and medically effective compression therapy
- Ideal for any sporting activity

### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

### COLORS

white/gray

black/gray

royal/gray

black/cool black

pink/gray

### STYLES



Knee High



## JOBST® ACTIVA ATHLETIC

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

### COMPRESSION CLASSES

8-15 mmHg\*

15-20 mmHg\*

20-30 mmHg\*

### COLORS

white

black

### STYLES



Knee High

# MEDICAL COMPRESSION



## JOBST® MATERNITY OPAQUE

- The blend of soft yarns is made to feel comfortable on any skin
- Special knitted-in ventilation zones increase air-permeability

### COLORS



### COMPRESSION CLASSES

15-20 mmHg\*

20-30 mmHg\*

### STYLES



Maternity



## JOBST® ULCERCARE™

- Effective management of a venous leg ulcer while offering ease of use
- The perfect combination for providing high quality of life

### COLORS



### COMPRESSION CLASSES

40 mmHg\*

### STYLES



Without Zipper



With Zipper



Liner

\*The targeted nominal combined compression for an average ankle size.



## JOBST® SENSIFOOT™

- Provides comfort and protection for sensitive feet
- Especially for people with diabetes

### COLORS



### COMPRESSION CLASSES

8-15 mmHg\*

### STYLES



Mini-Crew



Crew



Knee High

\*Knee and crew, the mean compression for an average ankle size.



## JOBST® ACTIVA ANTI-EMBOLISM

- Helps improve circulation
- Helps reduce the risk of a blood clot in the immobile patient
- Helps reduce the risk of deep vein thrombosis (DVT) in post-operative patients
- Designed for the immobile patient

### COLORS



### COMPRESSION CLASSES

18 mmHg\*

### STYLES



Knee High  
Open Toe



Knee High  
Closed Toe



Thigh High  
Open Toe



Thigh High  
Closed Toe

\*The nominal compression for an average ankle size.

# ACCESSORIES

JOBST® offers a full portfolio of products to help you easily put on and extend the wearing life of your compression legwear.



## JOBST® Stocking Donner

Easy-to-use device to help apply JOBST® LegWear. Ideal for people who have limited dexterity or have difficulty reaching their feet. Use with closed and open-toe styles. Available in 2 sizes: Regular and Large Calf.



## JOBST® Donning Gloves\*

Putting on JOBST® LegWear is always easier with JOBST® Donning Gloves! JOBST® gloves help create friction, provide grip and help evenly distribute the fabric on the leg.

\*Caution: This product contains natural rubber which may cause allergic reactions.



## JOBST® Roll-On Adhesive

JOBST® Roll-On Adhesive is designed to keep JOBST® Hosiery in place.



## JOBST® Easy Wash & Wear Kit

Everything needed to help apply and extend the life of JOBST® LegWear. Kit includes JOBST® Donning Gloves, Wash Bag, Jolastic® Washing Solution, and brochure with helpful hints for putting on JOBST® LegWear.



## Dycem® Non-Slip Material

Improves grip and provides stability to help with easier donning of a JOBST® garment.



## Upper & Lower Easy-Slide®

Easy-Slide® donning aids are for upper and lower garments (with open toe). This donning aid works well with the JOBST® Donning Gloves.



## Arion Magnide® 2in1

The Magnide® 2in1 donning aid is a user friendly device for putting on and taking off closed toe compression stockings and tights.

# AN EASY METHOD FOR PUTTING ON YOUR JOBST® LEGWEAR

## "Heel Pocket Out" Method

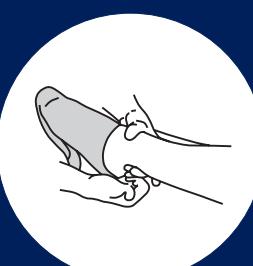
1. Reach inside the stocking to pinch the heel.



2. While holding onto the heel, turn the fabric of the stocking inside out.



3. Open the stocking and slide your foot in until your toe and heel are in the foot.



4. Once the heel is in place, grasp the fabric below the band and pull it up over your heel and ankle.



5. Work the stocking up the length of your leg, smoothing out the wrinkles as you go.



## READY-TO-WEAR SIZING CHARTS

Opaque, UltraSheer, UltraSheer Diamond Pattern, forMen, forMen Casual, Relief, ACTIVA soSoft, ActiveWear, Sport, and Maternity Opaque

	ANKLE	CALF	THIGH	HIP	HIP (Maternity)
<b>S</b>	7"-8 $\frac{1}{4}$ " (18-21 cm)	11"-15" (28-38 cm)	15 $\frac{3}{4}$ "-24 $\frac{1}{2}$ " (40-62 cm)	28"-46" (71-117 cm)	32"-52" (81-132 cm)
<b>M</b>	8 $\frac{3}{8}$ "-9 $\frac{1}{8}$ " (21-25 cm)	11 $\frac{1}{8}$ "-16 $\frac{1}{2}$ " (30-42 cm)	18 $\frac{1}{8}$ "-27 $\frac{1}{2}$ " (46-70 cm)	30"-50" (76-127 cm)	34"-56" (86-142 cm)
<b>L</b>	10"-11 $\frac{1}{8}$ " (25-29 cm)	12 $\frac{1}{2}$ "-18 $\frac{1}{8}$ " (32-46 cm)	21 $\frac{1}{4}$ "-30 $\frac{1}{4}$ " (54-78 cm)	32"-54" (81-137 cm)	36"-60" (91-152 cm)
<b>XL</b>	11 $\frac{1}{2}$ "-13" (29-33 cm)	13 $\frac{3}{8}$ "-19 $\frac{1}{8}$ " (34-50 cm)	23 $\frac{5}{8}$ "-32" (60-81 cm)	40"-65" (102-166 cm)	44"-71" (112-180 cm)
<b>MT</b>	8 $\frac{3}{8}$ "-9 $\frac{1}{8}$ " (21-25 cm) for shoe size > 12	11 $\frac{1}{8}$ "-16 $\frac{1}{2}$ " (30-42 cm) for leg length > 19 $\frac{1}{4}$ " (50 cm)	—	—	—
<b>LT</b>	10"-11 $\frac{1}{8}$ " (25-29 cm) for shoe size > 12	12 $\frac{1}{2}$ "-18 $\frac{1}{8}$ " (32-46 cm) for leg length > 19 $\frac{1}{4}$ " (50 cm)	—	—	—
<b>LFC</b>	10"-11 $\frac{1}{8}$ " (25-30 cm)	18"-24" (46-61 cm)	—	—	—
<b>XLFC</b>	12"-14" (30-36 cm)	18"-24" (46-61 cm)	—	—	—
Regular: Greater than 15" (38 cm) Petite: 15" (38 cm) or less			Regular: Greater than 27" (68.5 cm) Petite: 27" (68.5 cm) or less		

For Knee High, Measure Ankle and Calf. For Thigh High, Measure Ankle, Calf, and Thigh. For Waist High, Maternity, and Chap, Measure Ankle, Thigh, and Hip.

### forMen Ambition

Measuring points	Size					
	1	2	3	4	5	6
circumference inches (cm)	<b>Ankle</b> 7 $\frac{1}{2}$ - 8 (18-20)	8 - 8 $\frac{1}{4}$ (20-22)	8 $\frac{3}{8}$ - 9 $\frac{3}{8}$ (22-24)	9 $\frac{1}{8}$ - 10 $\frac{5}{8}$ (24-27)	10 $\frac{5}{8}$ - 11 $\frac{1}{4}$ (27-30)	11 $\frac{1}{4}$ - 13 $\frac{1}{8}$ (30-34)
	<b>Calf</b> 11 - 14 $\frac{1}{4}$ (28-36)	11 $\frac{1}{4}$ - 15 $\frac{1}{4}$ (30-40)	13 $\frac{1}{8}$ - 17 $\frac{1}{8}$ (34-44)	15 - 19 $\frac{1}{4}$ (38-50)	17 $\frac{1}{2}$ - 22 $\frac{1}{2}$ (44-56)	19 $\frac{1}{4}$ - 24 $\frac{1}{4}$ (50-62)

For Knee High, measure Ankle and Calf.  
Lengths: Regular: 15 -17 $\frac{3}{8}$ " (38-44 cm);  
Long: 17 $\frac{3}{4}$ -20" (45-51cm)

### Style

	S	M	L	XL	LFC	XLFC
<b>cC</b>	28 - 38 cm (11" - 15")	30 - 42 cm (11 $\frac{1}{8}$ " - 16 $\frac{1}{2}$ )	32 - 46 cm (12 $\frac{1}{2}$ " - 18 $\frac{1}{8}$ )	34 - 50 cm (13 $\frac{3}{8}$ " - 19 $\frac{5}{8}$ )	46 - 61 cm (18" - 24")	46 - 61 cm (18" - 24")
<b>cB</b>	18 - 21 cm (7" - 8 $\frac{1}{4}$ )	21 - 25 cm (8 $\frac{3}{8}$ " - 9 $\frac{1}{8}$ )	25 - 29 cm (10" - 11 $\frac{1}{8}$ )	29 - 33 cm (11 $\frac{1}{2}$ " - 13")	25 - 30 cm (10" - 11 $\frac{1}{8}$ )	30 - 36 cm (12" - 14")

**LD**      **Petite:** <40 cm (15 $\frac{3}{4}$ ) / **Regular:** 40 cm - 44 cm (15 $\frac{1}{4}$  - 17 $\frac{1}{2}$ ) / **Long:** >44 cm(17 $\frac{1}{2}$ )

### ACTIVA Opaque and ACTIVA Sheer (15-20 mmHG and 20-30 mmHG)

Sizing	cG	Ankle cB	Calf cC	Upper Thigh cG
		S	7" - 8" (18-20 cm)	10 $\frac{1}{2}$ "-14 $\frac{1}{2}$ " (27-37 cm)
		M	8"-9 $\frac{1}{2}$ " (20-24 cm)	11 $\frac{1}{2}$ "-15 $\frac{1}{2}$ " (29-39 cm)
		L	9 $\frac{1}{2}$ "-11" (24-28 cm)	12 $\frac{1}{2}$ "-17" (32-43 cm)
		XL	11"-12 $\frac{1}{2}$ " (28-32 cm)	13 $\frac{1}{2}$ "-18 $\frac{1}{8}$ " (34-48 cm)

Measure around smallest part of ankle (cB), around widest part of calf (cC) and at the widest part of the thigh (cG).

### ACTIVA Athletic and ACTIVA Men's Dress

Sizing	cG	Ankle cB	Calf cC
		S	7"-8 $\frac{1}{4}$ " (18-22 cm)
		M	8 $\frac{3}{8}$ "-10" (22-26 cm)
		L	10"-11 $\frac{1}{2}$ " (26-29 cm)
		XL	11 $\frac{1}{2}$ "-13" (29-33 cm)

Measure around smallest part of ankle (cB), around widest part of calf (cC) and at the widest part of the thigh (cG).

### ACTIVA Anti-Embolism

Sizing	cG	Ankle cB	Calf cC	Upper Thigh cG
		S	7"-7 $\frac{3}{4}$ " (18-20 cm)	10 $\frac{1}{2}$ "-12 $\frac{1}{2}$ " (27-32 cm)
		M	8"-8 $\frac{3}{4}$ " (20-22 cm)	12 $\frac{1}{2}$ "-14 $\frac{1}{2}$ " (32-37 cm)
		L	9"-9 $\frac{1}{4}$ " (23-25 cm)	14 $\frac{1}{2}$ "-16 $\frac{1}{2}$ " (37-42 cm)
		XL	10"-10 $\frac{1}{4}$ " (26-27 cm)	16 $\frac{1}{2}$ "-18 $\frac{1}{2}$ " (42-47 cm)

Measure around smallest part of ankle (cB), around widest part of calf (cC) and at the widest part of the thigh (cG).



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