

Compression measurement worksheet

Record common measurements before you use the exact product chart.

Use the exact manufacturer chart for final sizing. Brands and products do not all measure the same way. This worksheet does not choose a size or compression level.

Date	Time	Units ☐ cm ☐ in	Garment type

Tape reminder: Keep the tape flat and snug. Do not pull it tightly into your skin. Record each leg separately.

Left leg	Right leg
Ankle circumference	Ankle circumference
Calf circumference	Calf circumference
Calf length	Calf length
Thigh circumference*	Thigh circumference*
Thigh or leg length*	Thigh or leg length*
Shoe size*	Shoe size*

* Only if the exact product chart asks for it.



Ankle: narrowest part unless the chart says otherwise.



Calf: widest part of each calf.



Length: use the chart's start and end points.

Body, product, and chart record

Body measurements — only if the chart asks

Waist circumference Use the chart's waist point.	Hip circumference Use the chart's hip point.
Abdominal or torso measurement Use only the exact chart landmark.	Units ☐ cm ☐ in

Product and sizing chart

Manufacturer	Exact product
Product or chart URL	Chart version or date
Chart checked on	Manufacturer size selected
Compression label Copy it; this tool does not choose it.	Between-sizes guidance from chart/fitter

Notes

Fit and safety reminder

• This worksheet records measurements. It does not diagnose a condition or prescribe compression. • Swelling and body changes can affect measurements. • Do not force a smaller size to try to get more pressure. • If you are between sizes, follow the manufacturer instructions or ask a qualified fitter or clinician. • Remove the garment and seek appropriate medical guidance for new or unusual pain, numbness, color change, coldness, or worsening symptoms.

Sources and method

Instructions are a qualified synthesis of Mayo Clinic Store, SIGVARIS, LNNI, medi, Cleveland Clinic, and South Tees NHS guidance. Product landmarks differ. The current product chart remains the final sizing reference. Full source URLs and traceability are in the prototype review packet.