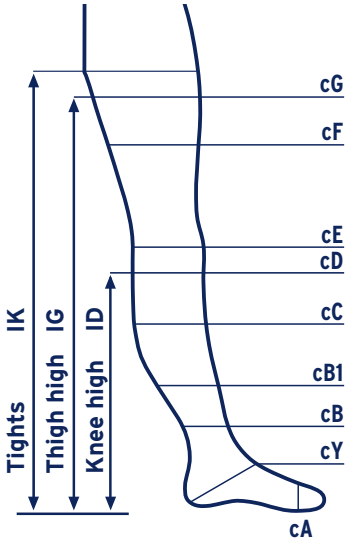
# Measuring Guide

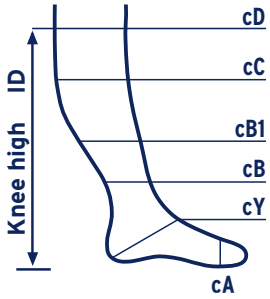



## JOBST® Opaque / JOBST® UltraSheer / JOBST® Classic*

| Measurement point | Sizes | | | | | | Measurements | |
|---|---|---|---|---|---|---|---|---|
| **Circumference (cm)** | **I** | **II** | **III** | **IV** | **V** | **VI** | **Left leg** | **Right leg** |
| cG (no silicone band) | 43 - 57cm | 45 - 62cm | 49 - 67cm | 53 - 72cm | 56 - 77cm | 60 - 81cm | | |
| cG (silicone band wide) | 49 - 57cm | 53 - 62cm | 57 - 67cm | 61 - 72cm | 65 - 77cm | 69 - 81cm | | |
| cG (silcone band) | 43 - 48cm | 45 - 52cm | 49 - 56cm | 53 - 60cm | 56 - 64cm | 60 - 68cm | | |
| cF | 39 - 52cm | 41 - 56cm | 44 - 60cm | 47 - 65cm | 50 - 69cm | 53 - 73cm | | |
| cE | 30 - 37cm | 33 - 40cm | 35 - 43cm | 37 - 45cm | 39 - 48cm | 41 - 51cm | | |
| cD | 27 - 33cm | 29 - 36cm | 32 - 39cm | 34 - 42cm | 36 - 45cm | 38 - 48cm | | |
| cC | 28 - 34cm | 30 - 37cm | 33 - 40cm | 35 - 43cm | 37 - 46cm | 39 - 49cm | | |
| cB1 | 23 - 27cm | 24 - 29cm | 26 - 32cm | 29 - 35cm | 31 - 37cm | 33 - 39cm | | |
| cB | 18 - 20cm | 20 - 22cm | 22 - 24cm | 24 - 26cm | 26 - 28cm | 28 - 30cm | | |
| cY | 26 - 31cm | 28 - 33cm | 29 - 35cm | 31 - 37cm | 32 - 38cm | 33 - 40cm | | |
| cA | 17 - 22cm | 19 - 24cm | 21 - 26cm | 23 - 29cm | 25 - 32cm | 27 - 34cm | | |

| Length (cm) | Petite | Regular | Left leg | Right leg |
|---|---|---|---|---|
| IK (Tights) | 65 - 75cm | 75 - 85cm | | |
| IG (Thigh high) | 60 - 69cm | 70 - 80cm | | |
| ID (Knee high) | 34 - 39cm | 39 - 45cm | | |

*JOBST Classic thigh high garment available in Regular length only




## JOBST® ForMen Ambition / JOBST® ForMen Explore

| Measurement point | Sizes | | | | | | Measurements | |
|---|---|---|---|---|---|---|---|---|
| **Circumference (cm)** | **I** | **II** | **III** | **IV** | **V** | **VI** | **Left leg** | **Right leg** |
| cD | 28 - 34cm | 31 - 38cm | 34 - 41cm | 37 - 46cm | 40 - 49cm | 42 - 52cm | | |
| cC | 30 - 36cm | 32 - 40cm | 34 - 43cm | 38 - 47cm | 40 - 50cm | 43 - 53cm | | |
| cB1 | 23.5 - 27.5cm | 26 - 30.5cm | 28.5 - 33cm | 31 - 36.5cm | 33.5 - 39cm | 35.5 - 41.5cm | | |
| cB | 18 - 20cm | 20 - 22cm | 22 - 24cm | 24 - 26cm | 26 - 28cm | 28 - 30cm | | |
| cY | 26 - 31cm | 28 - 33cm | 29 - 35cm | 31 - 37cm | 32 - 38cm | 33 - 40cm | | |
| cA | 17 - 22cm | 19 - 24cm | 21 - 26cm | 23 - 29cm | 25 - 32cm | 27 - 34cm | | |

| Length (cm) | Regular | Long | Left leg | Right leg |
|---|---|---|---|---|
| ID (Knee high) | 39 - 45cm | 45 - 51cm | | |

### Please note

Some patients may fit into more than one size, use clinical judgement to select most appropriate size. If the best fit is not clear, then the patient may require a made to measure flat knit garment or an adjustable compression wrap device.

## Measuring instructions

1. Measure each circumference point for the garment style required (e.g. knee high, thigh high or tights). Record each measurement in the left & right leg columns
2. Starting with cA, circle each measurement range along the row that the circumference measurement fits into. Repeat for each circumference point needed for the required garment style (see example 1 below)
3. Determine the size required based on the size column with the most circles (see example 2 below)
4. Measure the leg length, taking a straight measurement from the floor to the required measuring point (do not follow the contour of the leg). Record length measurements in the left & right leg columns. Determine the appropriate leg length (Petite or Regular) or (Regular or Long)

**1** Example: If cA measurement is 22cm

| Circumference (cm) | I | II | III |
|---|---|---|---|
| cG (tights only) | 43 - 57cm | 45 - 62cm | 49 - 67cm |
| cG (silicone band wide) | 49 - 57cm | 53 - 62cm | 57 - 67cm |
| cG (silcone band) | 43 - 48cm | 45 - 52cm | 49 - 56cm |
| cF | 39 - 52cm | 41 - 56cm | 44 - 60cm |
| cE | 30 - 37cm | 33 - 40cm | 35 - 43cm |
| cD | 27 - 33cm | 29 - 36cm | 32 - 39cm |
| cC | 28 - 34cm | 30 - 37cm | 33 - 40cm |
| cB1 | 23 - 27cm | 24 - 29cm | 26 - 32cm |
| cB | 18 - 20cm | 20 - 22cm | 22 - 24cm |
| cY | 26 - 31cm | 28 - 33cm | 29 - 35cm |
| cA | 17 - 22cm | 19 - 24cm | 21 - 26cm |

**2** Size III is the most appropriate size

| Sizes | | | | | | | Me |
|---|---|---|---|---|---|---|---|
| | II | III | IV | V | VI | Left l |
| n | 45 - 62cm | 49 - 67cm | 53 - 72cm | 56 - 77cm | 60 - 81cm | |
| n | 53 - 62cm | 57 - 67cm | 61 - 72cm | 65 - 77cm | 69 - 81cm | |
| n | 45 - 52cm | 49 - 56cm | 53 - 60cm | 56 - 64cm | 60 - 68cm | |
| n | 41 - 56cm | 44 - 60cm | 47 - 65cm | 50 - 69cm | 53 - 73cm | |
| n | 33 - 40cm | 35 - 43cm | 37 - 45cm | 39 - 48cm | 41 - 51cm | |
| n | 30 - 36cm | 32 - 39cm | 34 - 42cm | 36 - 45cm | 38 - 48cm | 34 |
| n | 30 - 37cm | 33 - 40cm | 35 - 43cm | 37 - 46cm | 39 - 49cm | 35 |
| n | 24 - 29cm | 26 - 32cm | 29 - 35cm | 31 - 37cm | 33 - 39cm | 29 |
| n | 20 - 22cm | 22 - 24cm | 24 - 26cm | 26 - 28cm | 28 - 30cm | 23 |
| n | 18 - 33cm | 22 - 35cm | 31 - 37cm | 32 - 38cm | 33 - 40cm | 33 |
| 0 | 18 - 24cm | 21 - 26cm | 23 - 29cm | 25 - 32cm | 27 - 34cm | 22 |
| | Petite | | Regular | | | Left l |

## Measuring Points

| Circumference | Length |
|---|---|
| **cG** = widest part of thigh | **IK** = floor to crotch |
| **cF** = middle of thigh | **IG** = floor to gluteal fold |
| **cE** = middle of patella with leg flexed at 30-45 degrees | **ID** = floor to two fingers width below crease of the knee |
| **cD** = two fingers width below crease of the knee | |
| **cC** = widest part of calf | |
| **cB1** = insertion of the Achilles tendon | |
| **cB** = narrowest part of ankle | |
| **cY** = heel to front ankle crease (maximum dorsiflexion) | |
| **cA** = base of toes | |

### Check out our measuring guide videos

Scan the relevant QR code for help with measuring for JOBST® Ready-to-Wear (RtW)

**Knee High**

**Thigh High**


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