Preconditions:

The leg should be largely free of oedema before measuring for the stocking. The degree of oedema can be checked before measuring by pressing the leg firmly with the finger: if oedema is present, pitting is observed which does not immediately disappear. If this is the case the patient should not be measured for compression garments and the leg should first be decongested (e.g. by compression bandaging and manual lymphatic drainage).

Procedure:

The measurements to be taken after oedema reduction depends on the type of stocking required. During the measurements the patient sits or stands depending on the measurements being taken. A measuring board is recommended wherever possible, with the patient sitting/lying, to measure up to point F.

Take the leg measurements: (1-12)

1. Place the measuring board on a stable surface, place the tape measure, ballpoint pen and size order card in readiness; have the patient place their leg on the measuring board.
2. Foot length slant open-toe: from the base of the large toe to end of heel (inside). From the base of the little toe to the end of the heel (outside). Foot length with closed toe: from the tips of the toes to the end of the heel.
3. Take circumferential measurement A at the base of the toes.
4. Take circumferential measurement Y around the instep and heel at maximal dorsiflexion.
5. Measure circumference B. Measure length a-B at the same point (at the narrowest point of the ankle).
6. Measure circumference B1. Measure length a-B1 at the same point (at the Achilles tendon/calf transition).
7. Measure circumference C. Measure length a-C at the same point (at the greatest calf circumference).
8. Measure circumference D. Measure length a-D at the same point (at the fibular head - two finger widths below the kneecap).
9. Measure length a-E to the middle of the kneecap with the leg extended.
10. Circumference E is the knee circumference; measure at the middle of the patella, with the leg slightly bent.
11. Measure the circumference F. Measure length a-F at the same point (at the middle of the thigh).
12. In a standing position, determine the G position (top of stocking). Measure circumference G. Measure length a-G at the same point (at the iliacus head - two finger widths below the kneecap).
13. Measure circumference K at the widest part of hips.
14. Measure circumference T at the waist. This is the desired position of the garment waistband.
15. Measure the length of the body bandage at the front from the waist (T) to the crotch.
16. Measure the length of the back of the body bandage from the waist (T) over the buttocks to the gluteal fold.

For compression panty hose add a body bandage: (13-16)

17. Measure circumference T at the waist. This is the desired position of the garment waistband.
18. Measure the length of the body bandage at the front from the waist (T) to the crotch.
19. Measure the length of the back of the body bandage from the waist (T) over the buttocks to the gluteal fold.

Profile Stockings:

Measurement point P1: measure from the medial malleolus over the Achilles tendon to the lateral malleolus.
Measurement point P2: measure from the medial malleolus over the sole of the foot to the lateral malleolus.