

## Pantyhose Measuring Instructions

### Ankle Measurement

1. Measure around your ankle (this measurement is called the circumference). Place the measuring tape at the narrowest part of the ankle, about half an inch above the ankle bone.

*Note: This must always be your first measurement*



### Calf Measurement

2. Find the widest part of your calf. Measure the circumference of your calf.



### Thigh Measurement

3. Find the widest part of your thigh - right under your buttocks. Measure the circumference of this part of your thigh.



### Leg Length

4. Measure the distance from the bottom of your buttocks to the floor.

