

Knee High 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.



Calf Length

3. Sit on a chair with your legs at a 90-degree angle. Measure the distance from 1 finger below the bend in your knee to the floor.

