



size	I	II	III	IV	V	VI	VII
thigh	15"-22 ¹ / ₂ " 38-57cm	16"-24 ¹ / ₄ " 41-62cm	17 ¹ / ₄ "-26 ¹ / ₄ " 44-67cm	18 ¹ / ₂ "-28 ¹ / ₄ " 47-72cm	19 ³ / ₄ "-30 ¹ / ₄ " 50-77cm	21"-32 ¹ / ₄ " 53-82cm	22 ¹ / ₄ "-34 ¹ / ₄ " 56-87cm
calf	10 ¹ / ₄ "-13 ¹ / ₄ " 26-34cm	11"-14 ¹ / ₂ " 28-37cm	11 ³ / ₄ "-15 ³ / ₄ " 30-40cm	12 ¹ / ₂ "-17" 32-43cm	13 ¹ / ₄ "-18" 34-46cm	14 ¹ / ₄ "-19 ¹ / ₄ " 36-49cm	15"-20 ¹ / ₂ " 38-52cm
ankle	6 ¹ / ₂ "-7 ¹ / ₄ " 16.5-18.5cm	7 ¹ / ₂ "-8 ¹ / ₄ " 19-21cm	8 ¹ / ₂ "-9 ¹ / ₄ " 21.5-23.5cm	9 ¹ / ₂ "-10 ¹ / ₄ " 24-26cm	10 ¹ / ₂ "-11 ¹ / ₄ " 26.5-28.5cm	11 ¹ / ₂ "-12 ¹ / ₂ " 29-32cm	12 ³ / ₄ "-13 ³ / ₄ " 32.5-35cm

Length **B**

CALF: Standard: 15" (38cm) and over
PANTY & THIGH: Standard: 28" (71cm) and over

Petite: Less than 15" (38cm)
 Petite: Less than 28" (71cm)

- step 1: measure the ankle circumference at the narrowest part of the ankle (1). Write this measurement down.
- step 2: measure the calf circumference at the widest part of the calf (2). Write this measurement down.
- step 3: measure the thigh circumference at the widest part of the thigh (3). Write this measurement down.
- step 4: measure your thigh length (C) from the gluteal fold to the floor with no shoes or socks on. Write this down.
- step 5: using the chart above, locate which size your ankle measurement falls in.
- step 6: now locate which size your calf & thigh measurements fall in.
- step 7: finally, using measurement C (thigh length), determine whether you fall in the standard or petite length.