



# Made to measure: get the right fit for you

If your limb doesn't fit the standard sizes for off-the-shelf hosiery, don't worry! Made-to-measure garments are available that can be made to fit you perfectly.

## The right fit

Compression garments must fit properly to deliver effective compression therapy and to ensure they are comfortable enough to wear every day. They must also meet your needs, and be acceptable to you, in every way.

There are a variety of compression garments available that can be bought 'off the shelf' or 'ready to wear'. These come in a range of standard sizes, just like when buying socks and shoes from the high street. The right size is selected by following the manufacturer's guidelines, measuring specific points on your limb, and ordering the most appropriate size for your measurements.

However, if your limb measurements fall outside of the

standard sizes, for example, if your limbs are longer or shorter, or have a larger circumference, you may not be able to buy a garment 'off the shelf'.



### Why made to measure?

This is where a made-to-measure garment comes in. Made to measure, as the name suggests, is a compression garment that is manufactured to fit your unique measurements and needs.

garment is made specifically for you, it should fit perfectly. It should be comfortable to wear, without any problems such as rolling or digging in which can arise for ill-fitting products (you can read more about these issues on pages 14–15).

### Advice from your healthcare professional

Your healthcare professional should advise you on which product is best for the treatment of your condition, e.g. if you need a firmer fabric to manage swelling, or if you need a below knee or whole leg garment to get the best outcomes.



### Which made to measure garment?

Made-to-measure garments can be produced in a range of styles, colours and fabrics. The key is to make sure your garment provides the correct amount of pressure and stiffness to manage your condition effectively. As the

### Order your garment

Once you have decided on your preferred garment, you need to measure your limb using the specific manufacturer's guidelines, as different manufacturers will have different measurement requirements. Once ordered, your new garment should be with you within a week, so you can soon start your compression therapy in comfort and style. ➤