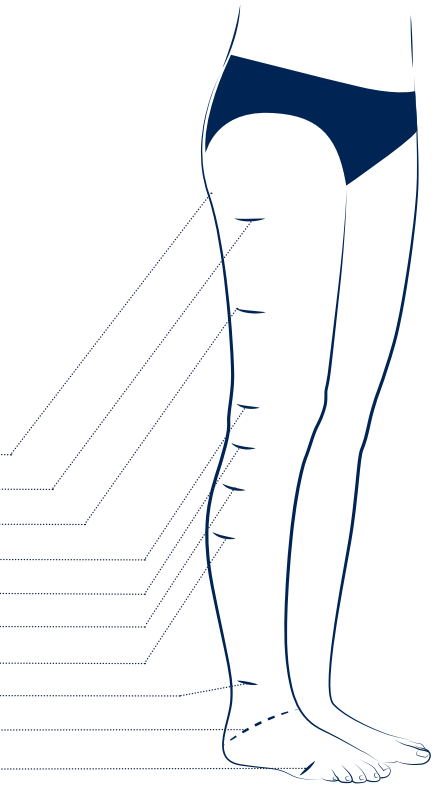


# LYMPHATREX SOCK, STOCKING & TIGHTS

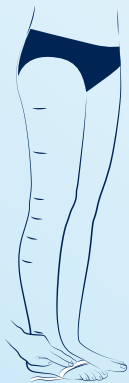
## POSITION OF THE ANATOMICAL MARKERS

- K - is located at the crotch (pantys / tights)
- H - corresponds to the widest point of the buttocks (pantys / tights)
- G - is located 5 cm under the gluteal fold
- F - equidistant point between G and E
- E - corresponds to the middle of the patella
- D - is located on the head of the fibula (3 - 4 cm under the patella)
- C - corresponds to the widest point of the calf
- B1 - corresponds to the start of the calf muscles
- B - to be measured at the narrowest point of the ankle
- Y - goes through the instep and the tuberosity of the calcaneus
- A - goes through the heads of the metatarsal bones (at the widest point)



**Important: Do not forget to measure and indicate foot lengths (inner/outer).**

**For a garment with open toe: heel measure - toe tip. For a garment with closed toe: heel measure - desired knitting stop.**



Circumference of the head of the metatarsals bones



Circumference of the instep



Circumference of the ankle (the narrowest point)



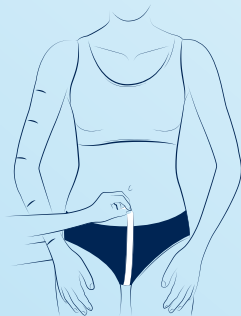
Circumference of the thigh (at the gluteal fold)



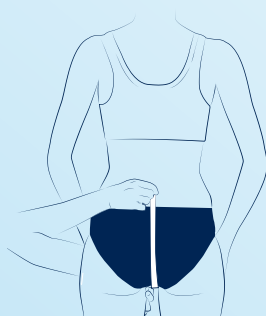
Measurement of the heights (position the meter on the external face of the leg)



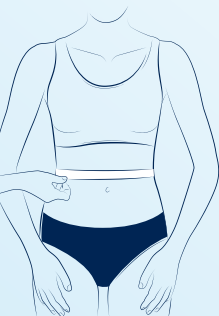
Circumference of the buttocks



Panty / tights: the starting point for  $\ell_{GK}$ ,  $\ell_{GH}$  and  $\ell_{GT}$  is the pubic symphysis. These measures must follow the buttocks volume.



Circumference of the hips



Circumference of the waist (or indicate the circumference at the desired height)