

COMPRESSION FOR BETTER LEG COMFORT

Support your legs. Stay comfortable. Keep moving.

Compression socks and hose provide **graduated pressure to the legs**, helping support circulation and manage the pooling of blood and fluid that can contribute to tired, heavy, or swollen legs.

COMPRESSION MAY BE HELPFUL FOR PEOPLE WHO:

- Spend long hours **standing or walking**
- Sit for extended periods or **travel frequently**
- Experience **tired, heavy, or swollen legs**
- Work demanding shifts in healthcare, hospitality, salons, retail, education, or industrial settings
- Participate in activities such as **golf, running, walking, tennis, or pickleball**

FIND THE RIGHT LEVEL

10–15 mmHg — LIGHT

Gentle support for everyday wear, travel, and extended sitting or standing.

15–20 mmHg — MODERATE

More noticeable support for workdays, travel, active lifestyles, and prolonged standing.

20–30 mmHg — FIRM

Higher compression for specific needs. Should be selected carefully and may require guidance from your healthcare provider.

THE RIGHT COMPRESSION IS ABOUT MORE THAN PRESSURE.

Proper **size, fit, garment style, leg measurements, footwear, activity, and intended use** all matter.

That's why professional fitting can be valuable.

A COMPLETE LOWER-LEG COMFORT STRATEGY

Compression can work alongside:

COMPRESSION — Lower-leg support

ORTHOTICS — Foot support and cushioning

FOOTWEAR — A proper foundation for your feet

Together, these can help support comfort during **work, travel, exercise, and everyday activities.**

BEFORE YOU USE COMPRESSION

Compression isn't appropriate for everyone. If you have circulation problems, peripheral artery disease, unexplained swelling, reduced sensation, open wounds, or other medical concerns, **consult your healthcare provider before using compression.**

Stop using compression and seek medical guidance if you develop pain, numbness, tingling, skin discoloration, or worsening swelling.

FIND YOUR RIGHT FIT

Don't guess your compression level or size.

Let's determine whether compression is appropriate for you and identify an option that fits your **legs, footwear, and lifestyle.**

FREE 15-MINUTE PHONE CONSULTATION

Foot-Fit Expert

Professional Expertise. Proper Fit. Solutions Designed Around Your Lifestyle.