



therapy guide



8-15_{mmHg} MILD

- Leg fatigue
- Slight leg, ankle, and foot swelling

15-20_{mmHg} MODERATE

- Tired legs
- Minor varicose veins
- Minor leg, ankle, and foot swelling
- Post surgery

20-30_{mmHg} FIRM

- Tired, aching legs
- Moderate varicose veins
- Moderate leg, ankle, and foot swelling
- Post surgery

30-40_{mmHg} EXTRA-FIRM

- Pronounced varicose veins
- Pronounced leg, ankle, and foot swelling
- Chronic poor circulation
- Post sclerotherapy and surgery