

ACTIVA®

PRODUCT DESCRIPTION

PIP CODE

CLASS I LIGHT SUPPORT

THIGH LENGTH SAND SMALL	2590305
THIGH LENGTH SAND MEDIUM	2590339
THIGH LENGTH SAND LARGE	2590362
THIGH LENGTH SAND EXLARGE	2590396
THIGH LENGTH HONEY SMALL	2590313
THIGH LENGTH HONEY MEDIUM	2590347
THIGH LENGTH HONEY LARGE	2590370
THIGH LENGTH HONEY EXLARGE	2590404
THIGH LENGTH BLACK SMALL	2590321
THIGH LENGTH BLACK MEDIUM	2590354
THIGH LENGTH BLACK LARGE	2590388
THIGH LENGTH BLACK EXLARGE	2590412
BELOW KNEE OPEN TOE SAND SMALL	2681500
BELOW KNEE OPEN TOE SAND MEDIUM	2681518
BELOW KNEE OPEN TOE SAND LARGE	2681526
BELOW KNEE OPEN TOE SAND EXLARGE	2681534
BELOW KNEE SAND SMALL	2590420
BELOW KNEE SAND MEDIUM	2590446
BELOW KNEE SAND LARGE	2590461
BELOW KNEE SAND EXLARGE	2590487
BELOW KNEE HONEY SMALL	2590438
BELOW KNEE HONEY MEDIUM	2590453
BELOW KNEE HONEY LARGE	2590479
BELOW KNEE HONEY EXLARGE	2590495
BELOW KNEE BLACK SMALL	2782373
BELOW KNEE BLACK MEDIUM	2782381
BELOW KNEE BLACK LARGE	2782399
BELOW KNEE BLACK EXLARGE	2782407
UNISEX SOCK BLACK SMALL	2782415
UNISEX SOCK BLACK MEDIUM	2782423
UNISEX SOCK BLACK LARGE	2782431
UNISEX SOCK BLACK EXLARGE	2782449



CLASS II MEDIUM SUPPORT

THIGH LENGTH SAND SMALL	2590503
THIGH LENGTH SAND MEDIUM	2590537
THIGH LENGTH SAND LARGE	2590560
THIGH LENGTH SAND EXLARGE	2590594
THIGH LENGTH HONEY SMALL	2590511
THIGH LENGTH HONEY MEDIUM	2590545
THIGH LENGTH HONEY LARGE	2590578
THIGH LENGTH HONEY EXLARGE	2590602

PRODUCT DESCRIPTION

PIP CODE

THIGH LENGTH BLACK SMALL	2590529
THIGH LENGTH BLACK MEDIUM	2590552
THIGH LENGTH BLACK LARGE	2590586
THIGH LENGTH BLACK EXLARGE	2590610
THIGH LENGTH OPEN TOE SAND SMALL	2590859
THIGH LENGTH OPEN TOE SAND MEDIUM	2590867
THIGH LENGTH OPEN TOE SAND LARGE	2590875
THIGH LENGTH OPEN TOE SAND EXLARGE	2590883
BELOW KNEE SAND SMALL	2590628
BELOW KNEE SAND MEDIUM	2590685
BELOW KNEE SAND LARGE	2590743
BELOW KNEE SAND EXLARGE	2590784
BELOW KNEE HONEY SMALL	2590651
BELOW KNEE HONEY MEDIUM	2590701
BELOW KNEE HONEY LARGE	2590750
BELOW KNEE HONEY EXLARGE	2590792
BELOW KNEE BLACK SMALL	2590669
BELOW KNEE BLACK MEDIUM	2590735
BELOW KNEE BLACK LARGE	2590776
BELOW KNEE BLACK EXLARGE	2590800
BELOW KNEE OPEN TOE SAND SMALL	2590818
BELOW KNEE OPEN TOE SAND MEDIUM	2590826
BELOW KNEE OPEN TOE SAND LARGE	2590834
BELOW KNEE OPEN TOE SAND EXLARGE	2590842
ANKLET SAND SMALL	2590958
ANKLET SAND MEDIUM	2590966
ANKLET SAND LARGE	2590974
ANKLET SAND EXLARGE	2590982
KNEECAP SAND SMALL	2591204
KNEECAP SAND MEDIUM	2591212
KNEECAP SAND LARGE	2591220
KNEECAP SAND EXLARGE	2591238
UNISEX SOCK BLACK SMALL	2594463
UNISEX SOCK BLACK MEDIUM	2590891
UNISEX SOCK BLACK LARGE	2590917
UNISEX SOCK BLACK EXLARGE	2590933
UNISEX SOCK BROWN SMALL	2594471
UNISEX SOCK BROWN MEDIUM	2590909
UNISEX SOCK BROWN LARGE	2590925
UNISEX SOCK BROWN EXLARGE	2590941

CLASS III FIRM SUPPORT

THIGH LENGTH OPEN TOE SAND SMALL	2591287
THIGH LENGTH OPEN TOE SAND MEDIUM	2591295
THIGH LENGTH OPEN TOE SAND LARGE	2591303
THIGH LENGTH OPEN TOE SAND EXLARGE	2591311
BELOW KNEE OPEN TOE SAND SMALL	2591246
BELOW KNEE OPEN TOE SAND MEDIUM	2591253
BELOW KNEE OPEN TOE SAND LARGE	2591261
BELOW KNEE OPEN TOE SAND EXLARGE	2591279

If you would like further information on any Activa Compression Hosiery product, or advice on measuring and fitting please contact:
Activa Healthcare Ltd, Units 26/27 Imex Business Park, Shobnall Road, Burton on Trent, Staffordshire, DE14 2AU.

Activa is a registered trade mark of Activa Healthcare Ltd.

Customer Care Line: 01283 540 957 advice@activa.uk.com www.activahealthcare.com

ACTIVA®

Compression Hosiery Measuring and Fitting Guide

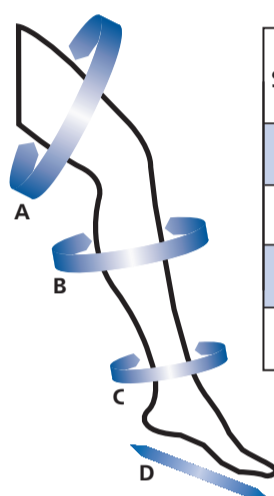
"This study showed a high adherence to treatment with compression hosiery. This could be attributed to the use of Activa stockings which, in the clinic nurses' experience, patients find easier to apply, and report higher rates of comfort and aesthetic acceptance".¹

Measuring the Patient

Measurements should be taken at the following points, with the patient's feet flat on the ground.

- A** With the patient standing, measure the thigh 5cm above the uppermost visible vein
- B** Thickest part of the calf
- C** Thinnest part of the ankle, above the ankle bone
- D** Foot length (closed-toe hosiery only)

MEASURING GUIDE				
SIZE	S	M	L	XL
A	16" - 21" 40.5-53.0cm	17" - 21 ³ / ₄ " 43.0-55.0cm	19" - 23 ³ / ₄ " 48.0-60.5cm	21" - 26" 53.0-66.0cm
B	12" - 14 ³ / ₄ " 30.5-37.5cm	13" - 15 ³ / ₄ " 33.0-40.0cm	14" - 17 ¹ / ₄ " 35.5-43.0cm	15" - 18 ¹ / ₄ " 38.0-46.0cm
C	7 ³ / ₄ " - 10" 19.5-25.5cm	8 ¹ / ₂ " - 10 ³ / ₄ " 21.5-27.5cm	8 ³ / ₄ " - 11 ³ / ₄ " 22.5-29.5cm	9" - 12 ¹ / ₂ " 23.0-32.0cm
D	8" - 9 ¹ / ₂ " 20.5-24.0cm	9" - 10 ¹ / ₄ " 23.0-26.0cm	10" - 11 ¹ / ₂ " 25.5-29.5cm	10 ¹ / ₂ " - 12 ³ / ₄ " 26.5-32.5cm



A = THIGH
B = CALF

C = ANKLE
D = FOOT

Before fitting the Hosiery

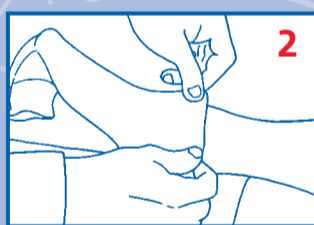
- Check whether there are any painful areas on either leg that will need special care.
- Place the patient's foot in the 'V' shape that is formed when sitting with your knees together.

Preparing the Hosiery

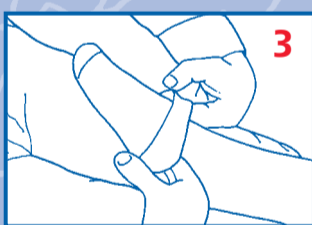
When fitting open-toe hosiery you may find it easier if you use a fitting socklet. Put your hand down inside the hosiery as far as the heel sac and grasp it firmly between your finger and thumb. Turn the hosiery inside out, leaving the foot section tucked in. Turn back the foot part approximately 2.5cm.



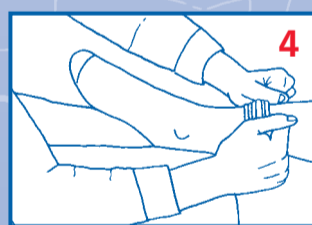
Place the first two fingers of each hand inside the foot of the hosiery and stretch it outwards. Slip the foot part of the hosiery halfway onto the patient's foot.



Turn back the 2.5cm fold and ensure the heel sac is properly in place under the heel.



Place both thumbs inside the top of the hosiery and gather this up until you can touch the patient's toes with your thumbs. While holding the hosiery, turn your wrists so that your fingers are pointing towards you. Slide the hosiery over the foot and ankle as far as it will go, without using undue force.



Using tension, stretch the hosiery up the leg from the ankle. To do this, hold the hosiery between the fingers and palms of each hand, while keeping your arms as stiff as you can. Lean forwards and take the hosiery up the leg in short folds (about 2.5cm at a time).



Ask the patient to take over at the knee and pull the hosiery up the thigh in the same short folds. The patient should stand to do this, and secure the stocking with suspenders.

Wherever possible, fit one leg and ask the patient to fit the other.

Each garment is colour-coded for size by a coloured thread in the welt.

Size	Thread Colour
Small	Red
Medium	Blue
Large	Green
Extra large	Yellow

Additional Recommendations

- Measure the patient before dispensing compression hosiery.
- Re-measure the patient with every new prescription.
- Measure as early in the morning as possible, before any swelling sets in.
- Measure both legs, as measurements can vary significantly.

¹ Jenny Bentley, BJN, 2001, Vol 6. No3. Preventing unnecessary suffering: an audit of a leg ulcer clinic.