

THERAFIRM®

COMPRESSION SOLUTIONS

EASE core-spun PreWagers THERASPORT core sport THERAFIRMLight.



TRUE GRADIENT COMPRESSION

THERAFIRM® therapeutic gradient compression hosiery delivers a controlled amount of pressure greatest at the ankle and gradually decreases towards the top of the stocking to promote better blood flow, assist in preventing swelling and provide relief for tired, achy legs. THERAFIRM® is 100% made in the USA in our own manufacturing facilities. For almost 60 years THERAFIRM® has been a leader in manufacturing healthy, gradient compression products. We are committed to providing quality gradient compression products and innovating the way people view compression.

COMFORTABLE AND COOL

THERAFIRM® products are soft, cool and comfortable for all day wear.

- Our light support product line, THERAFIRMLight™, features Lycra® and nylon fibers or cotton/microfiber blends for the softest garments while still providing shaping support.
- Core-Spun by THERAFIRM® support socks are made with superior moisture wicking fibers. Patent #7,895,863
- Ease by THERAFIRM® products are made with moisture wicking CoolMax® fibers providing a comfortable coolness.
- Our products feature soft, comfort bands on the knee high stockings and trouser socks, soft, knit-in waistbands on pantyhose and tights, and a soft, expandable top on maternity pantyhose.
- Original THERAFIRM® gradient compression hosiery garments are made using our Micro-Cool® process. Micro-Cool® creates a wicking effect so moisture evaporates from the skin quickly, therefore providing a comfortable coolness.

FASHIONABLE

THERAFIRM® uses advanced technologies for developing products that are fashionable and comfortable while delivering the health benefits patients need. We offer a wide range of advantages including updated shades, sheer yarns, variety of styles, and knit pattern texture options, so you will feel good about wearing compression hosiery.

PATIENT COMPLIANCE

Prescribed compression therapy will only help patients when they will wear them. Therafirm stockings address both issues – they are fashionable to wear, because they are more sheer and stylish than traditional medical stockings, while providing the peace of mind of tested compression accuracy. Our Ease by THERAFIRM® line and patented Core-Spun by THERAFIRM® support socks offer the added benefit of ultra stretchy yarns, making them easier to put on and increasing patient compliance.

AFFORDABLE

Your patients must also be able to afford to obtain their compression stockings. Because they are often not a covered item by insurance, patients frequently pay out of pocket or have high co-pays. This can limit or prevent compliance with prescribed compression therapy. High quality, medically correct THERAFIRM® products have a great cost point and can be offered at a lower price than other brands. Often the price can even encourage wearers to obtain several pair to allow a normal laundering interval, and to provide a “wardrobe” for various occasions.

PROPER SIZING

The key to a proper fit is in the measurements. Knowing them assures that the size you select is the size that will fit — the first time.

Visit therafirm.com/how-to-measure for an instructional video on how to measure for THERAFIRM® gradient compression.

Patients should be measured when they first get up in the morning to prevent measurements based upon the affected area's circumference after swelling has occurred.

Measure the patient while he or she is standing. If the fitting cannot take place before the patient has been on his/her feet for some time, the patient's legs and feet should be elevated for 15 minutes prior to taking the measurements.

Take snug measurements against the skin. Avoid measuring over socks or slacks. Never allow folds in stockings. Never remove any wound dressings.

1. Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone.
2. Measure the calf circumference at the fullest part of the calf.
3. For Knee High, skip to step 4. For Thigh High and Pantyhose, measure the thigh circumference at the widest part of the thigh.
4. For Thigh High and Pantyhose skip to step 5. For Knee High, measure the length from the floor to just below the bend of the knee.
5. For Thigh High and Pantyhose, measure the length from the floor to the gluteal fold.

PROPER DONNING

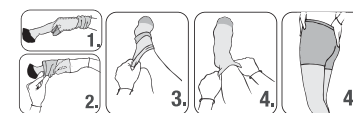
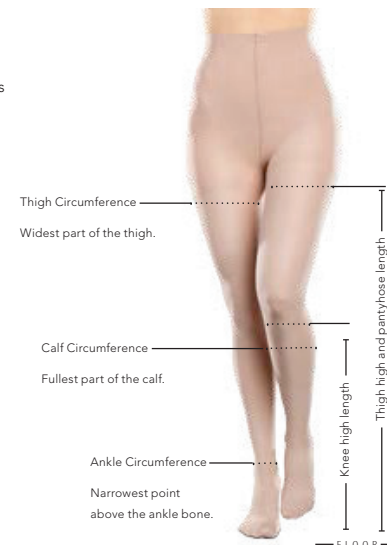
Visit therafirm.com/how-to-don for an instructional video on how to don gradient compression garments.

1. Insert hand and grab stocking at top of heel pocket.
2. While still holding heel pocket, turn top of stocking down towards toe.
3. Open stocking and slide foot in until toe and heel are positioned in place.
4. Knee Highs: Grasp top of stocking and pull up over ankle and calf. Position tops approximately two fingers below the bend of knee.

Thigh Highs: Grasp top of stocking and pull up over ankle and calf. Position top of stocking at mid thigh for Therafirm and top of leg for Ease.

Pantyhose: With crotch in a snug, comfortable position, stretch panty high with both hands. Adjust waist band to normal position.

5. Ease by THERAFIRM® and Core-Spun by THERAFIRM® products are very stretchy so it is important the garment is placed correctly (see step 4). In addition, to ensure a proper fit and optimal comfort, adjust the garment so the material is evenly distributed on the leg. Check that there are no creases or wrinkles.



NOTE: Stockings should not be too tight over dressings. Socks must fit the shape of the foot. Socks should have even compression or elasticity so that the sock takes on the anatomical shape of the foot without high compression (binding points) that may create discomfort or circulation obstruction. Observe the bare foot prior to donning the sock. After donning the sock, the foot shape should be consistent with that of the bare foot.

If pain, discomfort, or areas of binding occur, the stockings should be removed. Always consult with your physician before wearing gradient compression garments.