

COMPRESSION THAT STANDS APART

DEFY GRAVITY
JOBST

Venous & Lymphatic Conditions
Lower Extremity

VENOUS OVERVIEW

BLOOD, VEINS & VALVES

HOW IT CIRCULATES

The circulation of blood is possible based on three major components: the heart, arteries, and veins.

The pumping action of the heart forces blood through the arteries and veins of the body. Arteries are the vessels that carry blood from the heart to the body tissues. Veins return the blood back to the heart.

HOW THEY WORK

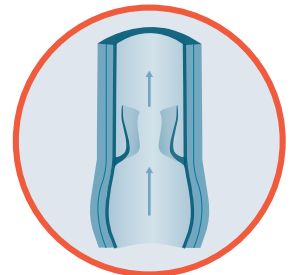
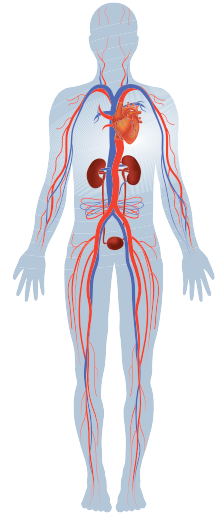
Valves, located inside the veins, keep the blood flowing in one direction - toward the heart. Valves open to allow blood to return to the heart. They then close to prevent the blood from flowing backwards.

HOW VEIN PROBLEMS OCCUR

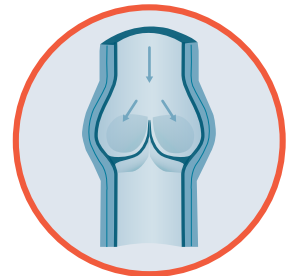
When a valve no longer closes properly or fully, problems can develop. Weak or damaged valves cannot support the blood when the muscle relaxes. This allows blood to flow backwards in the vein, creating pressure on the valves below. These valves can also weaken. Blood return to the heart is reduced and other complications can develop.

POOLING

A damaged or poorly closing valve in a vein allows blood to flow backwards. This can cause blood to back up and collect in the veins of the lower leg. Pooling of blood in the veins of the lower leg causes swelling, especially near the ankles and calves.

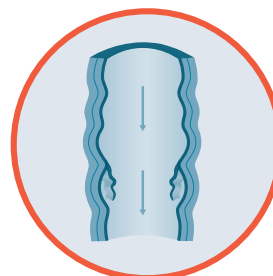


Valves open when muscles contract, allowing blood to return to the heart.

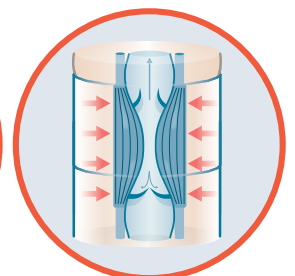


Valves close when muscles relax. Preventing blood from flowing backwards.

Deficient valve: Allows venous blood to reflux



With compression: Allows muscle to assist valve to function correctly



ENLARGED VEINS

When a valve is damaged or missing, the backup of blood results in higher pressure in the veins below. This higher pressure, which directly affects the superficial veins (those closest to the skin), may strain the walls of the vein, causing them to enlarge and even twist. As the veins enlarge, the valves within them can no longer close fully. Enlarged superficial veins are visible bulges under the skin of the leg. These “ropy” veins are called varicose veins.

BLOOD CLOTS

When blood cells stick together near a valve, a clot can form which may partially or completely block the flow of blood through the vein. Slow moving or poorly flowing blood in the veins is more likely to clot. Clots may be caused by sluggish blood flow, injury to a vein, or abnormal blood clotting factors.

A clot in the deep veins, which is the most serious, is called a deep vein thrombosis (DVT). Part of a DVT may break loose and lodge in the lungs or may also cause long-term problems in the leg.

CHRONIC VENOUS INSUFFICIENCY (CVI)

CVI results from damaged valves in the veins, causing blood to pool in the legs. This can lead to swelling, discomfort, skin damage, and leg ulcers. Although there is no cure for this chronic condition, CVI can be effectively managed.

Symptoms of CVI include:

- Inflammation and/or swelling of the leg
- Leg pain
- Varicose veins
- Discoloration of the skin
- Hardening of the skin or leg ulcers

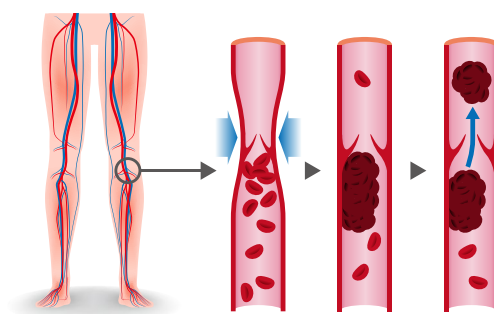
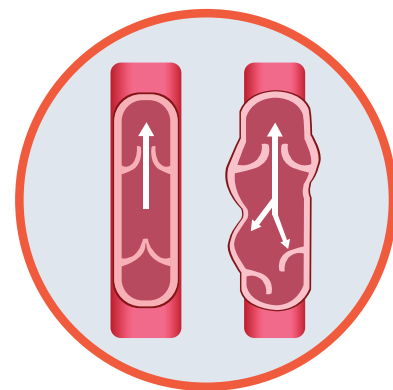
VENOUS LEG ULCER (VLU)

The chronic backup of blood due to damaged valves allows blood to pool in the lower leg, causing swelling. Chronic swelling interferes with the nutrition and oxygen supply to the skin. The skin becomes dry, flaky and darker in color. The skin is fragile and easily breaks with minor trauma, forming an open wound, which is slow to heal.

Symptoms of venous ulcers include:

- Swelling of the lower leg
- Dermatitis (or changes in the skin)
- Purple or brown discoloration of the skin around and above the ankles
- Open wound which may have drainage/discharge

**TO LEARN MORE ABOUT VENOUS DISEASE AND JOBST PRODUCTS
VISIT JOBST-USA.COM**



CAUSES AND RISK FACTORS OF VENOUS DISORDERS³

- ✓ Heredity
- ✓ Lack of exercise
- ✓ Age
- ✓ Pregnancy
- ✓ Tight-fitting clothing
- ✓ High-heeled shoes
- ✓ Obesity

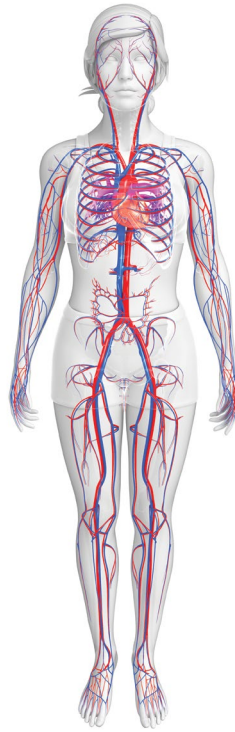
³ veindirectory.org

LYMPHEDEMA OVERVIEW

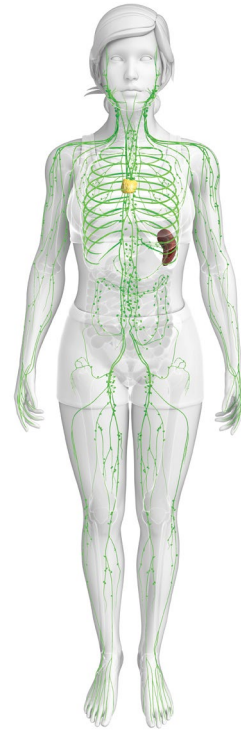
INTRODUCTION

The complex circulatory system is comprised of two systems:

- The closed-blood circulation system consisting of veins and arteries
- The half-open lymphatic system which, in addition to its known immunological functions, also has important circulatory functions



Circulatory System

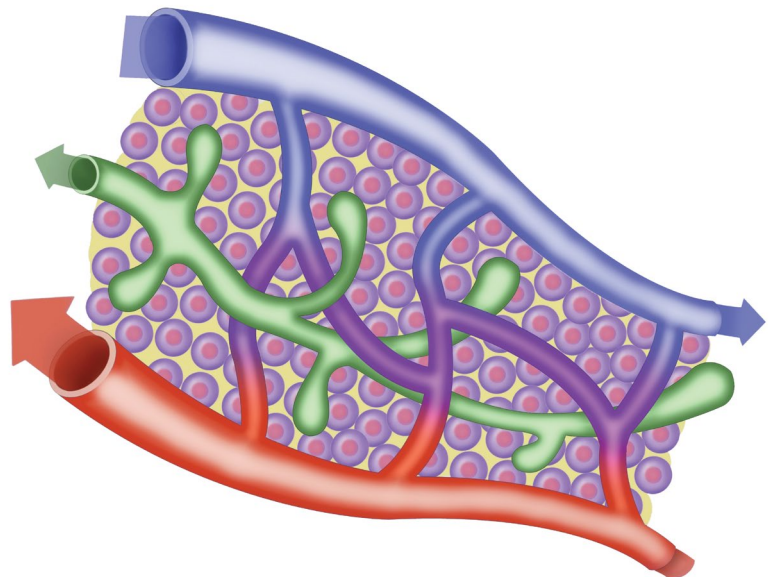


Lymphatic System

FUNCTIONAL ANATOMY

The lymphatic system can be divided into three functional parts:

1. lymph production in the initial lymph vessels
2. lymph transport through the lymph collectors
3. lymph concentration and filtration in the lymph nodes

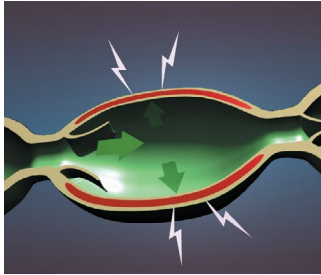


LYMPH PRODUCTION

Lymph production takes place in the terminal vessels which are comprised of the blood capillaries and initial lymph vessels.

LYMPH TRANSPORT

The initial lymph vessels make up a superficial, valveless network extending throughout the entire body. The lymph is transported from these vessels to the larger, deeper lymph vessels, the lymph collectors.



The lymph collectors run to the regional lymph nodes. This gives rise to different lymph territories separated from each other by lymphatic watersheds.

The lymph vessels are equipped with valves which determine the direction of flow. The lymph vessel segment bounded

by two valves is known as a "lymphangion." Each lymphangion has an innervated powerful smooth muscle that makes it pulsate like a small heart which transports the lymph from one lymphangion to the next.

Lymph transport is influenced by several auxiliary mechanisms. The most important of these in the limbs are the muscle pumps that come into effect during movement.

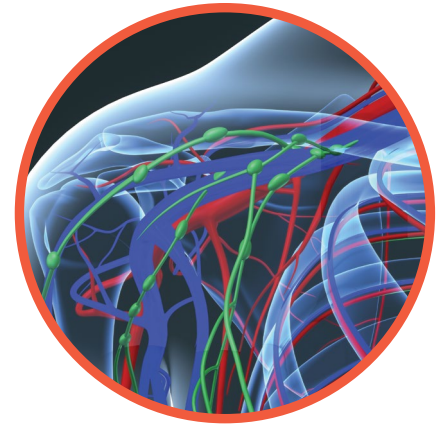
On its way into the closed blood circulation, the lymph passes through several lymph nodes frequently arranged in groups.

The lymph nodes have important immunologic functions. Bacteria and cell debris are filtered out of the lymph by immune defense cells. The lymph nodes also contain specific cellular defense substances which can destroy cancer cells.

LYMPHEDEMA

In this complex system of lymphatics, disorders can develop, which can have serious consequences. The most prevalent of these disorders is lymphedema.

Lymphedema is a chronic disease with a tendency to progression. It can affect all parts of the body, most often the limbs.



WHAT CAUSES LYMPHEDEMA?

- ✓ The causes of lymphedema may be found in lymph production, lymph transport, or lymph nodes.
- ✓ Primary lymphedema is usually due to a birth defect, such as hyperplasia or hypoplasia of the lymph capillaries or lymph vessels.
- ✓ Secondary causes can be due to disease or damage to the originally intact lymphatic system.

WHY JOBST®?

JOBST® is the brand that welcomes a patient to the world of compression therapy; the brand that helps them adopt to the therapy; and will adapt to a patient's needs for a lifetime.



FABRIC

JOBST® compression therapy comes in a wide assortment of fabric types. From UltraSheer compression therapy to custom flat-knit for maximum containment, there is a fabric choice to every patient's needs. If color is a concern, JOBST® compression therapy comes in a wide array of fashionable colors.

COMPRESSION LEVELS

JOBST® Ready-to-Wear medical compression products are available in four compression levels: 8-15, 15-20, 20-30 and 30-40 mmHg. JOBST® Custom garments can be ordered in a variety of compression levels. The right compression level helps ensure that venous and lymphatic disease is managed effectively.

STYLES

JOBST® Compression Therapy is available in many styles. Any style is suitable provided the affected area is covered.



PRODUCT SELECTION GUIDE

JOBST® offers a wide range of fashionable compression wear to meet all of your patients' therapeutic and lifestyle needs.

COMPRESSION GUIDE

JOBST® Compression Therapy			
	15-20 mmHg* (Moderate)	20-30 mmHg* (Firm)	30-40 mmHg* (Extra Firm)
Symptoms/ Compression Needs	- Minor varicosities - Minor ankle, leg and foot swelling - Minor varicosities during pregnancy - Tired, aching legs	- Moderate to severe varicosities - Moderate edema - Moderate to severe varicosities during pregnancy - Helps prevent recurrence of venous ulcerations - Superficial thrombophlebitis - Post surgical	- Severe varicosities - Severe edema, lymphatic edema - Chronic venous insufficiency - Helps prevent recurrence of venous ulcerations, manages active venous ulcerations - Helps prevent post-thrombotic syndrome - Manages manifestations of PTS - Post surgical
EVERYDAY	Premium - JOBST® Opaque - JOBST® UltraSheer - JOBST® forMen - JOBST® Style Value - JOBST® Relief Basic - JOBST® ACTIVA Sheer - JOBST® ACTIVA Men's Dress - JOBST® ACTIVA Opaque - JOBST® ACTIVA soSoft	Premium - JOBST® Opaque - JOBST® UltraSheer - JOBST® forMen - JOBST® Style Value - JOBST® Relief Basic - JOBST® ACTIVA Sheer - JOBST® ACTIVA Men's Dress - JOBST® ACTIVA Opaque - JOBST® ACTIVA soSoft	Premium - JOBST® Opaque - JOBST® UltraSheer - JOBST® forMen - JOBST® Style Value - JOBST® Relief
SITUATIONAL	Premium - JOBST® ActiveWear - JOBST® Sport Basic - JOBST® ACTIVA Athletic	Premium - JOBST® ActiveWear - JOBST® Sport Basic - JOBST® ACTIVA Athletic	Premium - JOBST® ActiveWear
MEDICAL	Premium - JOBST® SensiFoot™ (8-15 mmHg*) - JOBST® Maternity Opaque Basic - JOBST® ACTIVA Anti-Embolism**	Premium - JOBST® Maternity Opaque	Premium - JOBST® UlcerCARE™ (40+ mmHg***)

* The mean compression of an average ankle size.

** The nominal compression for an average ankle size.

*** The targeted nominal combined compression for an average ankle size.

The information included is for educational purposes only. It is not intended to be a substitute for professional nursing services. Always consult your healthcare provider if you have questions concerning your medical condition or treatment plan. Please refer to the product label and/or package insert for full instructions on the safe use of these products.

EVERYDAY COMPRESSION



JOBST® OPAQUE

- Smooth and breathable, designed for increased comfort
- Available in beautiful trendy colors

COLORS

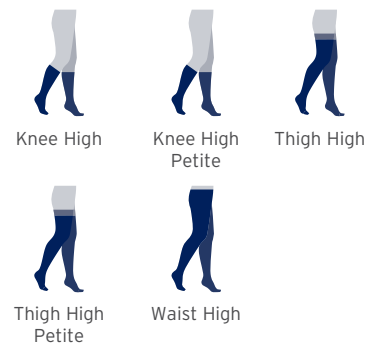
natural	brown	anthracite
midnight navy	black	cranberry

COMPRESSION CLASSES

15-20 mmHg*
20-30 mmHg*
30-40 mmHg*



STYLES



JOBST® ULTRASHEER

- Sheerness in a lightweight design
- Available in maternity pantyhose



COLORS

natural	sun bronze	honey	suntan
espresso	anthracite	midnight navy	black

COMPRESSION CLASSES

15-20 mmHg*
20-30 mmHg*
30-40 mmHg*

STYLES



JOBST® STYLE

- Brings comfort without compromising your patients' day-to-day style
- Available in 3 fashionable colors

COLORS

argyle pink	argyle blue	argyle grey
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COMPRESSION CLASSES

15-20 mmHg*
20-30 mmHg*
30-40 mmHg*



STYLES



JOBST® RELIEF®

- Quality and efficacy at a moderate price
- Available in a variety of styles and compression levels

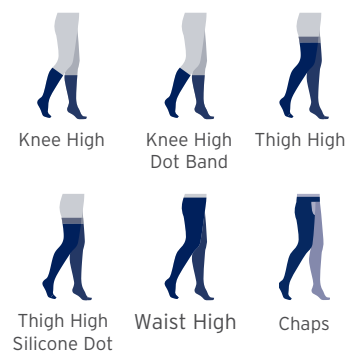
COLORS

beige	black
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COMPRESSION CLASSES

15-20 mmHg*
20-30 mmHg*
30-40 mmHg*

STYLES



EVERYDAY COMPRESSION



JOBST® FORMEN

- Therapeutic effectiveness in a classic, comfortable, dress sock design

COLORS

khaki

brown

anthracite

midnight navy

black

COMPRESSION CLASSES

15-20 mmHg*

20-30 mmHg*

30-40 mmHg*

STYLES



Knee High



Thigh High



OUR NEW VERSATILE PRODUCT FOR MEN, UNIQUELY COMBINES OUR BEST FEATURES



SoftFit

ensures socks stay up for elevated comfort



Durable fabric

designed for long-lasting compression



StayFresh

effective odor control



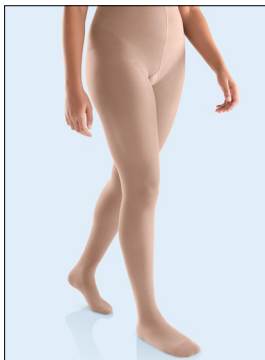
Specially constructed sole
for cushioning



New anatomic toe area
for enhanced comfort and fit



EVERYDAY COMPRESSION



JOBST® ACTIVA SHEER

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

COLORS

silky beige

sun bronze

black

COMPRESSION CLASSES

8-15 mmHg*

15-20 mmHg*

20-30 mmHg*

STYLES



Knee High



Thigh High



Waist High



JOBST® ACTIVA OPAQUE

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

COLORS

silky beige

sun bronze

black

COMPRESSION CLASSES

15-20 mmHg*

20-30 mmHg*

STYLES



Knee High



Thigh High



Waist High



EVERYDAY COMPRESSION



JOBST® ACTIVA MEN'S DRESS

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

COLORS

black

navy

COMPRESSION CLASSES

8-15 mmHg*

15-20 mmHg*

20-30 mmHg*

STYLES



Knee High



JOBST® ACTIVA SOSOFT

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

COLORS

sand ribbed

white ribbed

black ribbed

sand brocade

white brocade

black brocade

COMPRESSION CLASSES

8-15 mmHg*

15-20 mmHg*

20-30 mmHg*

STYLES



Knee High



SITUATIONAL COMPRESSION



JOBST® ACTIVEWEAR

- Cushioned foot part makes this sock incredibly comfortable
- The perfect sock for people with a standing occupation

COLORS



COMPRESSION CLASSES



STYLES



Knee High



Moisture Management



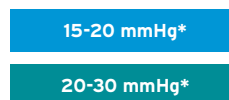
JOBST® SPORT

- The perfect combination of athletic styling and medically effective compression therapy
- Ideal for any sporting activity

COLORS



COMPRESSION CLASSES



STYLES



Knee High



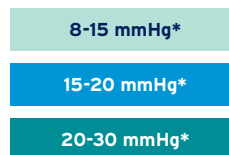
JOBST® ACTIVA ATHLETIC

- Helps tired, achy legs
- Supports circulation and helps energize legs
- Moderate and firm compressions help to manage varicose veins

COLORS



COMPRESSION CLASSES

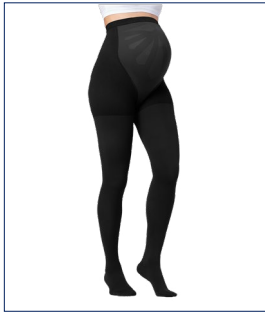


STYLES



Knee High

MEDICAL COMPRESSION



JOBST® MATERNITY OPAQUE

- The blend of soft yarns is made to feel comfortable on any skin
- Special knitted-in ventilation zones increase air-permeability

COLORS



COMPRESSION CLASSES

15-20 mmHg*

20-30 mmHg*

STYLES



Maternity



JOBST® ULCERCARE™

- Effective management of a venous leg ulcer while offering ease of use
- The perfect combination for providing high quality of life

COLORS



COMPRESSION CLASSES

40 mmHg*

STYLES



Without Zipper



With Zipper



Liner

*The targeted nominal combined compression for an average ankle size.



JOBST® SENSIFOOT™

- Provides comfort and protection for sensitive feet
- Especially for people with diabetes

COLORS



COMPRESSION CLASSES

8-15 mmHg*

STYLES



Mini-Crew



Crew



Knee High

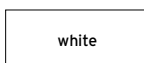
*Knee and crew, the mean compression for an average ankle size.



JOBST® ACTIVA ANTI-EMBOLISM

- Helps improve circulation
- Helps reduce the risk of a blood clot in the immobile patient
- Helps reduce the risk of deep vein thrombosis (DVT) in post-operative patients
- Designed for the immobile patient

COLORS



COMPRESSION CLASSES

18 mmHg*

STYLES



Knee High Open Toe



Knee High Closed Toe



Thigh High Open Toe



Thigh High Closed Toe

*The nominal compression for an average ankle size.

ACCESSORIES

JOBST® offers a full portfolio of products to help you easily put on and extend the wearing life of your compression legwear.



JOBST® Donning Gloves*

Putting on JOBST® LegWear is always easier with JOBST® Donning Gloves! JOBST® gloves help create friction, provide grip and help evenly distribute the fabric on the leg.

*Caution: This product contains natural rubber which may cause allergic reactions.



Dycem® Non-Slip Material

Improves grip and provides stability to help with easier donning of a JOBST® garment.



Arion Magnide® 2in1

The Magnide® 2in1 donning aid is a user friendly device for putting on and taking off closed toe compression stockings and tights.



Upper & Lower Easy-Slide®

Easy-Slide® donning aids are for upper and lower garments (with open toe). This donning aid works well with the JOBST® Donning Gloves.

AN EASY METHOD FOR PUTTING ON YOUR JOBST® LEGWEAR

“Heel Pocket Out” Method

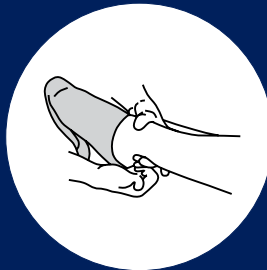
1. Reach inside the stocking to pinch the heel.



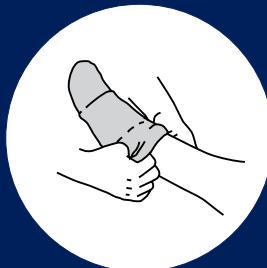
2. While holding onto the heel, turn the fabric of the stocking inside out.



3. Open the stocking and slide your foot in until your toe and heel are in the foot.



4. Once the heel is in place, grasp the fabric below the band and pull it up over your heel and ankle.



5. Work the stocking up the length of your leg, smoothing out the wrinkles as you go.

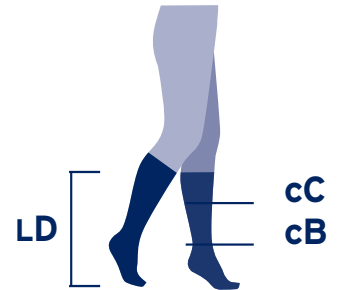


JOBST® READY-TO-WEAR SIZING CHARTS

Knee High

Size	S	M	L	XL	LFC	XLFC
cC	28- 38 cm (11" - 15")	30 - 42 cm (11 $\frac{1}{8}$ " - 16 $\frac{1}{2}$ ")	32 - 46 cm (12 $\frac{1}{2}$ " - 18 $\frac{3}{8}$ ")	34 - 50 cm (13 $\frac{3}{8}$ " - 19 $\frac{5}{8}$ ")	46 - 61 cm (18" - 24")	46 - 61 cm (18" - 24")
cB	18 - 21 cm (7" - 8 $\frac{1}{4}$ ")	21 - 25 cm (8 $\frac{3}{8}$ " - 9 $\frac{1}{8}$ ")	25 - 29 cm (10" - 11 $\frac{3}{8}$ ")	29 - 33 cm (11 $\frac{1}{2}$ " - 13")	25 - 30 cm (10" - 11 $\frac{1}{8}$ ")	30 - 36 cm (12" - 14")

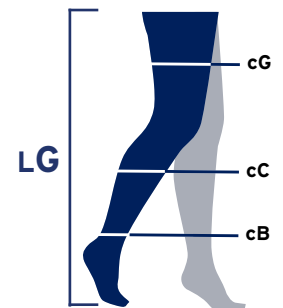
Length (LD) JOBST® All - Petite: less than 38cm (15") | Regular: 38-45cm (15-17%) | Long: More than 45cm (17%)
 Length (LD) JOBST® Style - Petite: less than 40 cm (15 $\frac{3}{4}$ ") | Regular: 40-44cm (15 $\frac{3}{4}$ -17%) | Long: More than 44cm (17 $\frac{1}{2}$)



Thigh High

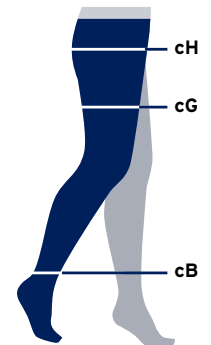
Size	S/P	M/M	L/G	XL/TG
cG	40 - 62 cm (15 $\frac{3}{4}$ " - 24 $\frac{3}{8}$ ")	46 - 70 cm (18 $\frac{1}{8}$ " - 27 $\frac{1}{2}$ ")	54 - 78 cm (21 $\frac{1}{4}$ " - 30 $\frac{3}{4}$ ")	60-81 cm (23 $\frac{3}{8}$ " - 32")
cC	28- 38 cm (11" - 15")	30 - 42 cm (11 $\frac{1}{8}$ " - 16 $\frac{1}{2}$ ")	32 - 46 cm (12 $\frac{1}{2}$ " - 18 $\frac{3}{8}$ ")	34 - 50 cm (13 $\frac{3}{8}$ " - 19 $\frac{5}{8}$ ")
cB	18 - 21 cm (7" - 8 $\frac{1}{4}$ ")	21 - 25 cm (8 $\frac{3}{8}$ " - 9 $\frac{1}{8}$ ")	25 - 29 cm (10" - 11 $\frac{3}{8}$ ")	29 - 33 cm (11 $\frac{1}{2}$ " - 13")

Length (LG): Petite: Less than 68.5cm (27") | Regular: More than 68.5cm (27")



Waist High

Size	S/P	M/M	L/G	XL/TG
cH	71 - 117 cm (28" - 46")	76 - 127 cm (30" - 50")	81 - 137 cm (32" - 54")	102 -166 cm (40" - 65")
cG	40 - 62 cm (15 $\frac{3}{4}$ " - 24 $\frac{3}{8}$ ")	46 - 70 cm (18 $\frac{1}{8}$ " - 27 $\frac{1}{2}$ ")	54 - 78 cm (21 $\frac{1}{4}$ " - 30 $\frac{3}{4}$ ")	60-81 cm (23 $\frac{3}{8}$ " - 32")
cB	18 - 21 cm (7" - 8 $\frac{1}{4}$ ")	21 - 25 cm (8 $\frac{3}{8}$ " - 9 $\frac{1}{8}$ ")	25 - 29 cm (10" - 11 $\frac{3}{8}$ ")	29 - 33 cm (11 $\frac{1}{2}$ " - 13")



JOBST® UlcerCare

Size	S	M	L	XL	2XL	3XL	4XL
cC	29- 35 cm (11 $\frac{1}{2}$ " - 13 $\frac{3}{4}$ ")	34 - 41 cm (13 $\frac{3}{4}$ " - 16")	40 - 47 cm (15 $\frac{3}{4}$ " - 18 $\frac{1}{2}$ ")	46 - 54 cm (18" - 21 $\frac{1}{4}$ ")	48 - 56 cm (19" - 22")	50 - 58 cm (19 $\frac{3}{4}$ " - 23")	52 - 60 cm (20 $\frac{1}{2}$ " - 23 $\frac{3}{4}$ ")
cB	18 - 21 cm (7" - 8 $\frac{1}{4}$ ")	21 - 24 cm (8 $\frac{1}{4}$ " - 9 $\frac{1}{2}$ ")	24 - 27 cm (9 $\frac{1}{2}$ " - 10 $\frac{3}{4}$ ")	27 - 30 cm (10 $\frac{3}{4}$ " - 12")	30 - 33 cm (12" - 13")	33 - 36 cm (13" - 14")	36 - 39 cm (14" - 15 $\frac{1}{4}$ ")

For Knee High: Measure ankle and calf | For length: Measure from the floor to the bend of your knee
 For Thigh High: Measure ankle, calf and thigh | For length: Measure from the floor to the gluteal fold
 For Waist High and Maternity: Measure ankle, thigh and hip

NOTE: All lengths are Regular unless noted as Petite or Long

**LFC: Large Full Calf *XLFC: Extra-Large Full Calf

cB (= circumference just above ankle bone), cC (= fullest circumference of calf),
 cG (= circumference at fullest portion of thigh), cH (= circumference at the hip), LD (= length of lower leg), LG (length of upper and lower leg)

JOBST® ACTIVA SIZING CHARTS

JOBST® ACTIVA Athletic / JOBST® ACTIVA Men's Dress

Size	Ankle (cB)	Calf (cC)
S	7"-8¾" (18-22 cm)	11¼"-15" (29-38 cm)
M	8¾"-10" (22-26 cm)	12"-16½" (31- 42 cm)
L	10"-11½" (26-29 cm)	12½"-18" (32-46 cm)
XL	11½"-13" (29-33 cm)	13½"-19½" (34-50 cm)

Measure around smallest part of ankle (cB), around widest part of calf (cC) and at the widest part of the thigh (cG).



Sizing		Women	Men		Women	Men
	S	4½ - 6½	5 - 7	L	9½ - 11	10½ - 12
	M	7 - 9	7½ - 10	XL	11½ - 13	12½ - 14

Shoe size alone is not an indicator for correct sizing. Measurements of calf and ankle circumference are mandatory for the proper performance of this product.

JOBST® ACTIVA soSoft / JOBST® ACTIVA Sheer 8-15 mmHg

Size	Ankle (cB)	Calf (cC)
S	7"-8¼" (18"-21 cm)	11"-15" (28"-38 cm)
M	8"-9¾" (20"-24 cm)	11¾"-16½" (30"-42 cm)
L	8¾"-10¼" (22"-26 cm)	12½"-18½" (32"-46 cm)
XL	9½"-11" (24"-28 cm)	13¾"-19¾" (34"-50 cm)

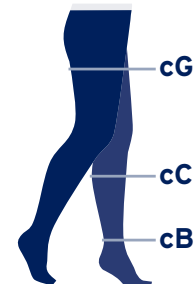


JOBST® ACTIVA Opaque / JOBST® ACTIVA Sheer 15-20 mmHg and 20-30 mmHg

Size	Ankle cB	Calf cC	Upper Thigh cG
S	7"- 8" (18-20 cm)	10½"-14½" (27-37 cm)	16"-22" (41-56 cm)
M	8"-9½" (20-24 cm)	11½"-15½" (29-39 cm)	17½"-24" (45-61 cm)
L	9½"-11" (24-28 cm)	12½"-17" (32-43 cm)	19½"-26" (50-66 cm)
XL	11"-12½" (28-32 cm)	13½"-18 ½" (34-48 cm)	22"-28" (56-71 cm)

Measure around smallest part of ankle (cB), around widest part of calf (cC) and at the widest part of the thigh (cG).

Note: Knee High calf measurements differ for lower compression (8-15 mmHg) versus higher compressions (15-20 and 20-30 mmHg).



JOBST®,
an Essity brand



BSN Medical Inc., an Essity company
5825 Carnegie Blvd., Charlotte, NC 28209-4633
Tel. (+1) 704 554 9933 Fax (+1) 980 498 8980
To order toll-free: Tel. (+1) 800 537 1063

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