

## Activity and travel stockings

### Reach your destination in good health



**When selecting the size of an activity or travel stocking, the ankle circumference is the decisive measurement, not the shoe size.**

If an activity or travel stocking is to effectively prevent the risk of thrombosis in people with healthy veins, the stocking must fit exactly at the crucial point: the ankle. A specific pressure is applied here to support the calf muscle pump, so that the blood can flow against gravity towards the heart rather than collecting in the legs.

medi. ich fühl mich besser.