

Medical Grade	Recommendations	Non-Medical Grade	Recommendations
20-30 mmHg (Prescription Needed)	<ul style="list-style-type: none"> - Venous thrombosis prevention with travel - Relief from varicose veins, edema, venous insufficiency - Prevention of venous stasis ulcers 	8-15 mmHg	<ul style="list-style-type: none"> - Very light compression - Assists in aiding minor swelling/fluid retention in lower limbs
30-40 mmHg (Prescription Needed)	<ul style="list-style-type: none"> - Severe varicose veins relief, edema, lymphedema, post episode of deep venous thrombosis - Recommended for severe vascular insufficiency - Should be monitored under close practitioner supervision 	15-20 mmHg	<ul style="list-style-type: none"> - Most commonly used compression rating in sport - Assists in reducing leg fatigue - Ideal for prolonged periods of sitting such as when traveling - Relief from minor swelling/varicose veins - Recommended during pregnancy
40-50 mmHg (Prescription Needed)	<ul style="list-style-type: none"> - Extra-firm compression - Recommended for severe venous insufficiency or post-thrombotic syndrome - Should be monitored under close practitioner supervision 		