

LES CLINICAL RESOURCE

# Lower Limb Compression Selection Guide 2026

Compression options to support clinical decision-making



## INTRODUCTION

This LES guide brings together curated information, tools, and resources to support clinicians working with people living with lymphoedema and related conditions.

Developed in alignment with current educational themes and areas of clinical need, it is designed to support clinical reasoning, compression selection, and informed decision-making in everyday practice.

The resources included reflect contributions from industry partners alongside evidence-informed practice considerations, supporting clinicians to compare options, consider clinical indications, and apply learning within their own clinical context.

## USING THIS GUIDE

The Lower Limb Compression Selection Guide presents manufacturer-supplied listings of compression products commonly used in the management of lower limb lymphoedema and related conditions.

Each participating company has provided information on off-the-shelf and custom-made garments, organised under consistent clinical headings to support comparison across product ranges. Listings reflect the manufacturers' own product classifications and intended clinical use.

Product information is grouped to assist navigation across common clinical presentations, including:

- Circular and flat knit garments
- Daytime and night-time compression options
- Garments designed for older adults or individuals with peripheral vascular disease
- Midline oedema and toe compression solutions

This guide is intended to support clinical reasoning and product exploration alongside comprehensive assessment and individualised care planning. Clinicians are encouraged to consider patient presentation, comorbidities, functional needs, and tolerance when selecting compression therapy.

**Note:** Some products may fit multiple categories; listings are grouped by primary function to support ease of navigation.



Available as an off-the-shelf option



Available as a custom made option

Company: Essity

Website: www.jobst.com.au

		Flight Stocking (no oedema)	Mild Lymphoedema Class 2 Circular Knit	Mild Lymphoedema Class 2 Flat Knit	Moderate Lymphoedema Class 2 Flat Knit	Severe Lymphoedema Class 3 Flat Knit
Below Knee		15-20mmHg: <b>JOBST ActiveWear Socks, JOBST forMen Socks, JOBST Relief</b> opaque stockings: <b>JOBST UltraSheer</b> stockings, <b>JOBST Sport</b> (8-15mmHg): <b>JOBST Activa soSoft</b> * ALL UNISEX, simple ankle and calf measure * Mild to moderate stiffness	20-30mmHg: <b>JOBST ActiveWear Socks</b> (soft fabric / sport sock), <b>JOBST forMen Socks, JOBST Relief</b> opaque stockings, <b>JOBST UltraSheer</b> stockings * ALL UNISEX, simple ankle and calf measure * Mild to moderate stiffness	<b>JOBST Elvarex Soft 20-30mmHg</b> * Regular length - 2.5cm silicone grip top * Long length - 5 cm silicone grip top * Comes in plus sizes * Moderate stiffness	<b>JOBST Elvarex Soft 20-30mmHg</b> * Regular length - 2.5cm silicone grip top * Long length - 5 cm silicone grip top * Comes in plus sizes * Moderate stiffness	<b>JOBST Elvarex Soft 30-40mmHg</b> * Regular length - 2.5cm silicone grip top * Long length - 5 cm silicone grip top * Comes in plus sizes * Moderate stiffness
				<b>JOBST Confidence 20-30mmHg</b> - mild stiffness, cool & easy donning <b>JOBST Elvarex Soft 20-30mmHg</b> - moderate stiffness, soft touch & easy donning	<b>JOBST Confidence 20-30mmHg</b> - mild stiffness, cool & easy donning <b>JOBST Elvarex Soft 20-30mmHg</b> - moderate stiffness, soft touch, easy donning <b>JOBST Elvarex 20-70mmHg</b> - moderate to strong stiffness, high containment	<b>JOBST Elvarex Soft 30-40mmHg</b> - moderate stiffness, soft touch & easy donning <b>JOBST Elvarex 20-70mmHg</b> - moderate to strong stiffness, high containment, highly customisable
Thigh		15-20mmHg: <b>JOBST forMen Socks, JOBST Relief</b> opaque stockings, <b>JOBST UltraSheer</b> stockings * Regular and sensitive silicone band * All UNISEX * Mild to moderate stiffness * Simple calf ankle and thigh measure	20-30mmHg: <b>JOBST forMen Socks, JOBST Relief</b> opaque stockings, <b>JOBST UltraSheer</b> stockings * Regular and sensitive silicone band * All UNISEX * Mild to moderate stiffness * Simple calf ankle and thigh measure			
				<b>JOBST Confidence 20-30mmHg</b> - mild stiffness, cool & easy donning <b>JOBST Elvarex Soft 20-30mmHg</b> - moderate stiffness, soft touch & easy donning	<b>JOBST Confidence 20-30mmHg</b> - mild stiffness, cool & easy donning <b>JOBST Elvarex Soft 20-30mmHg</b> - moderate stiffness, soft touch & easy donning <b>JOBST Elvarex 20-70mmHg</b> - moderate to strong stiffness, high containment	<b>JOBST Elvarex Soft 30-40mmHg</b> - moderate stiffness, soft touch & easy donning <b>JOBST Elvarex 20-70mmHg</b> - moderate to strong stiffness, high containment, highly customisable

### Top 3 Fitter Tips

1. Contact JOBST clinical representative for in-person garment measuring support & to stay in touch with upcoming workshops & webinars.
2. Consider the STRIDE framework for garment prescription.
3. Consider features such as layering, special garment options & circumference tensions for an optimal fit.

JOBST offers support for compression education & garment measuring skills, along with a commitment to find patients the best fitting garment possible. The JOBST Clinical Specialist Team are trained Lymphoedema Therapists who are passionate & committed, & will work alongside prescribers to achieve optimal patient outcomes.

 Available as an off-the-shelf option

 Available as a custom made option

Company: Essity

Website: www.jobst.com.au

		Garments for Elderly or Peripheral Vascular Disease	Night-Time
Below Knee		<p><b>JOBST Ulcercare</b>, 30-40mmHg, 2 layers: liner (15-20mmHg) plus outer stocking (30-40mmHg), can be worn 24hrs/day -remove outer layer for bed, assists in ease of donning/ doffing, moderate stiffness</p> <p><b>Elvarex Soft</b> 20-30mmHg regular length - 2.5cm silicone grip top, long length - 5 cm silicone grip top, comes in plus sizes, moderate stiffness.</p> <p><b>JOBST Relief</b> opaque stockings CCL1 &amp; 2 - durable &amp; comfortable, open &amp; closed toe options</p> <p><b>JOBST ActiveWear</b> CCL 1 &amp; 2 - Thick, soft fabric for easier donning</p>	
		<p><b>JOBST Confidence</b> 20-30mmHg - mild stiffness, cool &amp; easy donning</p> <p><b>JOBST Elvarex Soft</b> 20-30mmHg - moderate stiffness, soft touch &amp; easy donning</p>	<p><b>JOBST Relax</b> 15-20mmHg &amp; 20-30mmHg - easy donning, zipper option, non-slip</p>
Thigh		<p><b>JOBST Activa soSoft</b>, 8-15mmHg - soft &amp; easy to don</p>	
		<p><b>JOBST Confidence</b> 20-30mmHg - mild stiffness, cool &amp; easy donning</p> <p><b>JOBST Elvarex Soft</b> 20-30mmHg - moderate stiffness, soft touch &amp; easy donning</p>	<p><b>JOBST Relax</b> 15-20mmHg &amp; 20-30mmHg - easy donning, non-slip</p>

Special Options – Customisable Features	
<p>Made to measure (MtM) JOBST fabrics offer many customisable features to provide the best fit, including functional zones, silicone band stay-up solutions, lining &amp; pocket inserts, zippers, waistband options, slip form &amp; oblique finishes, stump garments, &amp; seamless glove &amp; toe garments.</p>	

		Midline Oedema		Toe Glove
Scrotum				<p>Farrow Toe Cap 20-30mmHg, 4 size, trimmable toes lengths, mild stiffness</p>
		<p>MtM JOBST Elvarex Scrotal Strap - to support the scrotum and provide vertical lift. Strong stiffness.</p>		
Bike Shorts				
		<p>JOBST MtM fabrics: Confidence CCL 1-3, Elvarex Soft CCL 1-3 &amp; Elvarex CCL 1-3F</p>		<p>JOBST Elvarex MtM fabrics: Elvarex CCL 1-2, Elvarex Soft Seamless CCL1-2, Elvarex Plus CCL 1-2</p>
Capri				
		<p>JOBST MtM fabrics: Confidence CCL 1-3, Elvarex Soft CCL 1-3 &amp; Elvarex CCL 1-4F</p>		
<b>Contact Information</b>		<p>Tamara Kreis            Brand Manager Compression, Australia &amp; New Zealand            Ph: 0455 344 170            E: Tamara.Kreis@essity.com</p>		



Available as an off-the-shelf option



Available as a custom made option

Company: Haddenham Healthcare Australia

Website: [www.hadhealth.com.au](http://www.hadhealth.com.au)

		Flight Stocking (no oedema)	Mild Lymphoedema Class 2 Circular Knit	Mild Lymphoedema Class 2 Flat Knit	Moderate Lymphoedema Class 2 Flat Knit	Severe Lymphoedema Class 3 Flat Knit
Below Knee		STOCK: Pertex Light Below Knee Class 1 MADE-TO-ORDER STRIDE Class 1 Veni Below Knee Class 1 Star Cotton Below Knee Class 1	STOCK STRIDE CCL 2 Veni Below Knee Class 2 MADE-TO-ORDER Star Cotton Below Knee Class 2	MADE-TO-ORDER Pertex Class 2 Below Knee Goldpunkt Class 2 Below Knee	MADE-TO-ORDER Pertex Class 2 Below Knee Goldpunkt Class 2 Below Knee	MADE-TO-ORDER Pertex Class 3 Below Knee Goldpunkt Class 3 Below Knee
		Pertex Light Below Knee Class 1 Veni Below Knee Class 1 Star Cotton Below Knee Class 1	Veni Below Knee Class 2 Star Cotton Below Knee Class 2	Pertex Class 2 Below Knee Goldpunkt Class 2 Below Knee	Pertex Class 2 Below Knee Goldpunkt Class 2 Below Knee	Pertex Class 3 Below Knee Goldpunkt Class 3 Below Knee
Thigh		MADE-TO-ORDER Pertex Light Thigh High/Pantyhose Class 1 Veni Thigh High/Pantyhose Class 1 Star Cotton Thigh High/Pantyhose Class 1	MADE-TO-ORDER Veni Thigh High/Pantyhose Class 2 Star Cotton Thigh High/Pantyhose Class 2	MADE-TO-ORDER Pertex Class 2 Thigh High/ Pantyhose Goldpunkt Class 2 Thigh High/Pantyhose	MADE-TO-ORDER Pertex Class 2 Thigh High/ Pantyhose Goldpunkt Class 2 Thigh High	MADE-TO-ORDER Pertex Class 3 Thigh High Goldpunkt Class 3 Thigh High
		Pertex Light Thigh High/Pantyhose Class 1 Veni Thigh High/Pantyhose Class 1 Star Cotton Thigh High/Pantyhose Class 1	Veni Thigh High/Pantyhose Class 2 Star Cotton Thigh High/Pantyhose Class 2	Pertex Class 2 Thigh High/ Pantyhose Goldpunkt Class 2 Thigh High/Pantyhose	Pertex Class 2 Thigh High/ Pantyhose Goldpunkt Class 2 Thigh High/Pantyhose	Pertex Class 3 Thigh High/ Pantyhose Goldpunkt Class 3 Thigh High/Pantyhose

<b>Top 3 Fitter Tips</b>	<ol style="list-style-type: none"> <li>1. Measure when oedema is at its lowest (morning or post-elevation).</li> <li>2. Ensure the garment extends above the highest area of swelling.</li> <li>3. Choose flat knit where limb distortion, fibrosis or skin folds are present to prevent a tourniquet effect.</li> </ol>
--------------------------	--

 Available as an off-the-shelf option

 Available as a custom made option

Company: Haddenham Healthcare Australia

Website: [www.hadhealth.com.au](http://www.hadhealth.com.au)

		Garments for Elderly or Peripheral Vascular Disease	Night-Time
Below Knee		STOCK Pertex Light Below Knee Class 1 MADE-TO-ORDER Veni Below Knee Class 1	STOCK Comfiwave Below Knee
		Pertex Light Below Knee Class 1 Veni Below Knee Class 1	
Thigh		MADE-TO-ORDER Pertex Light Thigh High Class 1 Veni Thigh High Class 1	STOCK Comfiwave Thigh High
		Pertex Light Thigh High Class 1 Veni Thigh High Class 1	

Special Options – Customisable Features
<p>Length &amp; Style Options: Below knee, thigh-high, pantyhose, or tights. Capri, bike short, or full body styles. Adjustable waistband height. Extended rise for abdominal coverage. Grip Top and Waistband options</p> <p>Foot &amp; Toe Options: Open toe or closed toe. Slant toe or straight toe. Reinforced heel, and ankle zone, T-heel</p> <p>Zips &amp; Donning Assistance: Medial or lateral zipper. Concealed zip options. Adjustable Velcro tabs (where appropriate) Layer-compatible design.</p> <p>Containment panels, Increased Stiffness knit, custom shaping, Colour options, Extra width at calf or thigh.</p>

		Midline Oedema
Scrotum		ETO 11P - Scrotal Support - High quality pouches to support with and adjustable waistband
		
Bike Shorts		ETO Female / Male Shorts Veni Bike Pants Comfiwave Shorts
		
Capri		Veni Capri Shorts
		Veni Capri Shorts

		Toe Glove
Cut & Sew		Microfine Toe Cap
		Microfine Toe Cap
Flat Knit		
		Haddenham Flat knit Toe cap (Pertex Light/Pertex 2 & Goldpunkt)

Contact Information
<p>Clinical enquiries: Clinical Team Email: <a href="mailto:Clinical@hadhealth.com.au">Clinical@hadhealth.com.au</a> Online Bookings: <a href="http://www.hadhealth.com.au/contact">www.hadhealth.com.au/contact</a></p> <p>Sales enquiries: Sales Team Phone: +61 3 9544 5515 Email: <a href="mailto:sales@hadhealth.com.au">sales@hadhealth.com.au</a></p>

		Flight Stocking (no oedema)	Mild Lymphoedema Class 2 Circular Knit	Mild Lymphoedema Class 2 Flat Knit	Moderate Lymphoedema Class 2 Flat Knit	Severe Lymphoedema Class 3 Flat Knit
Below Knee		VENOSAN 4000 Climate Effect Ccl.1 VENOSAN 5000 Silver Ccl.1 VENOSAN 6000 Classic Ccl.1 VENOSAN 7000 Natural Touch Ccl.1 VENOSAN Microfibreline 15-20mmHg	VENOSAN 3000 Cotton Ccl. 2 (49% cotton), Ccl.3 (40% cotton) VENOSAN 4000 Climate Ccl.2 VENOSAN 5000 Silver Ccl. 2,3 VENOSAN 6000 Classic Ccl. 2,3 VENOSAN 7000 Natural Ccl.2,3	ExoStrong - 20-30mmHg compression level. Available in black or beige with or without silicone top	ExoStrong - 20-30mmHg compression level. Available in black or beige with or without silicone top	
		VENOSAN 3000 Cotton Ccl. 2 VENOSAN 4000 Climate Effect Ccl. 1 & 2 VENOSAN 5000 Silver Ccl. 1, 2 VENOSAN 7000 Natural Touch Ccl. 1,2	VENOSAN 3000 Cotton Ccl. 2 (49% cotton) Ccl 3 (40% cotton) VENOSAN 4000 Climate Effect Ccl.2 VENOSAN 5000 Silver Ccl. 2,3 VENOSAN 7000 Natural Touch Ccl.2, 3	VENOSAN Soft Flat Knit Ccl. 2, extremely soft, beige or black, latex free, low- medium stiffness VENOSAN Flat Knit Pro Ccl.2, smooth & durable, beige or black, medium stiffness	VENOSAN Soft Flat Knit Ccl. 2, 3 extr. soft, beige or black, latex free, low- medium stiffness. VENOSAN Flat Knit Pro Ccl.2, 3 smooth & durable, beige/black, medium stiffness	VENOSAN Soft Flat Knit Ccl. 3, ext. soft, beige or black, latex free, low- medium stiffness. VENOSAN Flat Knit Pro Ccl.3, smooth & durable, beige/black, med. stiffness VENOSAN Flat Strong Ccl3 High stiff
Thigh		VENOSAN 4000 Climate Effect Ccl.1 VENOSAN 5000 Silver Ccl.1 VENOSAN 6000 Classic Ccl.1	VENOSAN 4000 Climate Effect Ccl.2,3 VENOSAN 5000 Silver Ccl.2,3 VENOSAN 6000 Classic Ccl.2,3 VENOSAN 7000 Natural Touch Ccl.2,3	ExoStrong - 20-30mmHg compression level. Available in black or beige with silicone top	ExoStrong - 20-30mmHg compression level. Available in black or beige with silicone top	
		VENOSAN 3000 Cotton Ccl. 2 VENOSAN 4000 Climate Effect Ccl. 1 & 2 VENOSAN 5000 Silver Ccl. 1, 2 VENOSAN 7000 Natural Touch Ccl. 1,2	VENOSAN 3000 Cotton Ccl. 2 (49% cotton), Ccl.3 (40% cotton) VENOSAN 4000 Climate Effect Ccl.2 VENOSAN 5000 Silver Ccl. 2, 3 VENOSAN 7000 Natural Touch Ccl.2, 3	VENOSAN Soft Flat Knit Ccl. 2, extremely soft, beige or black, latex free, low- medium stiffness VENOSAN Flat Knit Pro Ccl.2, smooth & durable, beige or black, medium stiffness	VENOSAN Soft Flat Knit Ccl. 2,3, extr. soft, beige or black, latex free, low- medium stiffness. VENOSAN Flat Knit Pro Ccl.2,3 smooth & durable, beige/black, medium stiffness	VENOSAN Soft Flat Knit Ccl. 3, ext. soft, beige or black, latex free, low- medium stiffness. VENOSAN Flat Knit Pro Ccl.3, smooth & durable, beige/black, med. stiffness VENOSAN Flat Strong Ccl3 High stiff

<b>Top 3 Fitter Tips</b>	<ol style="list-style-type: none"> <li>1. Ensure the patient is measured on bare legs in the morning when the legs are rested and swelling is at a minimum.</li> <li>2. For below knee garments, the patient can be measured when sitting.</li> <li>3. For videos on measuring, donning /doffing, visit <a href="http://www.lranz.com/VENOSANPlaylist">www.lranz.com/VENOSANPlaylist</a></li> </ol> <p>For more information, visit <a href="http://www.lranz.com/venosan">www.lranz.com/venosan</a></p>
--------------------------	---





Available as an off-the-shelf option



Available as a custom made option

Company: medi Australia

Website: www.mediaustralia.com.au

		Flight Stocking (no oedema)	Mild Lymphoedema Class 2 Circular Knit	Mild Lymphoedema Class 2 Flat Knit	Moderate Lymphoedema Class 2 Flat Knit	Severe Lymphoedema Class 3 Flat Knit
Below Knee		medi Travel Women 5 sizes - S-XXL Closed toe Petite & standard length. <a href="https://www.mediaustralia.com.au/products/medi-travel-women">https://www.mediaustralia.com.au/products/medi-travel-women</a> Medi Travel men - 5 sizes - S-XXL Closed toe Petite & standard length. <a href="https://www.mediaustralia.com.au/products/medi-travel-men">https://www.mediaustralia.com.au/products/medi-travel-men</a>	Mediven (MV) Elegance, MV Plus, MV Comfort, IMV Cotton, all open & closed toe. MV for men, MV active, MV angio, all closed toe 7 sizes, regular & petite length, regular & wide fitting, <a href="https://www.mediaustralia.com.au/products/mediven-elegance/">https://www.mediaustralia.com.au/products/mediven-elegance/</a>	Mediven Mondì, light wall stability, high lateral stretch, soft fabric. 7 sizes, regular and petite length, open and closed toe, Caramel colour <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a>	Mediven Mondì, 7 sizes, regular and petite length, open and closed toe, Caramel colour <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a> Mediven 550 - 7 sizes, regular and petite length, open toe straight end <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a>	Mediven 550, very high wall stability, high working pressures, firm, strong fabric. 11 Sizes, Standard and petite.length, Open toe straight ending, Caramel colour <a href="https://www.mediaustralia.com.au/products/mediven-550-leg/">https://www.mediaustralia.com.au/products/mediven-550-leg/</a>
			Mediven Elegance, Mediven Plus, Mediven Comfort 14 colours, many styles, individualised size <a href="https://www.mediaustralia.com.au/products/compression-stockings/treating-veins/">https://www.mediaustralia.com.au/products/compression-stockings/treating-veins/</a>	Mediven Mondì, light wall stability, high lateral stretch, soft fabric. Several styles, individualised size. 12 colours, <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a>	Mediven Mondì - several styles,12 colours. <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a> Mediven Cosy - Medium wall stability, high longitudinal stretch, flexible supple fabric. many styles, 12 colours	Mediven 550 very high wall stability, high working pressures, firm, strong fabric. Several styles, 12 colours <a href="https://www.mediaustralia.com.au/products/mediven-550-leg/">https://www.mediaustralia.com.au/products/mediven-550-leg/</a>
Thigh			Mediven (MV) Elegance, MV Plus, MV Comfort, MV Cotton, all open & closed toe. 7 sizes, regular & petite length, regular & wide fitting, up to 14 colours. <a href="https://www.mediaustralia.com.au/products/compression-stockings/treating-veins">https://www.mediaustralia.com.au/products/compression-stockings/treating-veins</a>	Mediven Mondì, light wall stability, high lateral stretch, soft fabric. 7 sizes, regular and petite length, open and closed toe, Caramel colour <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a>	Mediven Mondì, light wall stability, high lateral stretch, soft fabric. 7 sizes, regular and petite length, open and closed toe, Caramel colour <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a>	
			Mediven Elegance, Mediven Plus, Mediven Comfort many styles, individualised size <a href="https://www.mediaustralia.com.au/products/compression-stockings/treating-veins/">https://www.mediaustralia.com.au/products/compression-stockings/treating-veins/</a>	Mediven Mondì, light wall stability, high lateral stretch, soft fabric. Many styles, individualised size. 12 colours, <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a>	Mediven Mondì - many styles,12 colours. <a href="https://www.mediaustralia.com.au/products/mediven-mondi/">https://www.mediaustralia.com.au/products/mediven-mondi/</a> Mediven Cosy - Medium wall stability, high longitudinal stretch, flexible supple fabric. many styles, 12 colours	Mediven 550, very high wall stability, high working pressures, firm, strong fabric. Many styles, 12 colours <a href="https://www.mediaustralia.com.au/products/mediven-550-leg/">https://www.mediaustralia.com.au/products/mediven-550-leg/</a>

<b>Top 3 Fitter Tips</b>	<ol style="list-style-type: none"> <li>1. Measure made to measure circular knit is measured standing, no tension on the tape. Made to measure flat knit measured circumference with legs on plinth variable tape tension, lengths measured standing. This URLshows measurment video's for Made to measure garments <a href="https://vimeo.com/showcase/10636943">https://vimeo.com/showcase/10636943</a></li> <li>2. Consider client's functional ability when considering compression garment material, style and requirement for donning and doffing aid. Splitting the garment into multiple parts can assist donning, eg ankle and lower leg peice, or lower leg and upper leg pieces - made to measure only</li> <li>3. Contact medi customer serivces with questions or to speak with Clinical and Educational Specialists for support and guidance.</li> </ol>
--------------------------	---

 Available as an off-the-shelf option

 Available as a custom made option

Company: medi Australia

Website: www.mediaustralia.com.au

		Garments for Elderly or Peripheral Vascular Disease	Night-Time
Below Knee		Duomed soft 2 easy, 2 peice knee high garment, low wall stiffness, thin and smooth. <a href="https://www.mediaustralia.com.au/products/duomed-soft-2easy">https://www.mediaustralia.com.au/products/duomed-soft-2easy</a> Mediven angio knee high, combined diabetic sock and compression garment. <a href="https://www.mediaustralia.com.au/products/mediven-angio/">https://www.mediaustralia.com.au/products/mediven-angio/</a> <a href="https://vimeo.com/519865933">https://vimeo.com/519865933</a> Mediven Mond flat knit and Circaid Juxta lite can be eas ier to apply if functional or strength limitations.	
		Consider a lower compression garment with higher wall stability such as mediven mondi CCL1 or circaid juxtalite compression wrap <a href="https://www.mediaustralia.com.au/products/circaid-juxtalite/">https://www.mediaustralia.com.au/products/circaid-juxtalite/</a>	
Thigh			
		Consider lower compression garment with higher wall stability such as mediven mondi CCL 1 with multiple sections such as foot, lower leg and upper leg. Consider zips and velcro to assist donning and doffing	

Special Options – Customisable Features
Mediven Elegance, Mediven Comfort, Mediven Cotton, Mediven Plus ready to wear have grip top options in ready to wear. Mediven plus has wide range of additional options in ready to wear range with no extra charge, eg one legged pantyhose, mens tights with fly and maxi panty top for larger figure, extra wide calf fitting, top band for knee high Mediven Elegance, Mediven comfort, mediven plus and mediven forte have additional special options in ready to wear range at extra charge,for: toe tip (eg:soft toe, hallux valgus, shortened or lengthened) Panty top (eg compressive panty section, stoma opening) and gusset variations to fit various body shapes. Made to measure circular and flat knit have multiple options of style, compression, and features such as for bunions, foot shape, shape of top of garment, liners, pads, silicone, zips and velcro closure,

		Midline Oedema		Toe Glove
Scrotum		Mediven Plus - Men's pantyhose with horizontal fly, Moderate wall stiffness, 7 sizes, 9 colours		
		Circular knit: Mediven Plus Men's leotard (horizontal fly) Flat knit: Mediven 550, Mediven mondi, Mediven cosy FT shorts with standard or compressive suspension (scrotal pouch)		
Bike Shorts				
		Round knit Mediven Plus cycling shorts Flat knit Mediven Cosy, mediven Mond & Mediven 550 CT cycling shorts		
Capri				
		Round knit: Mediven plus Capri Flat knit: mediven cosy, Mond & 550		
<b>Contact Information</b>		Customer Services - (02) 9890 8696 or 1300 04 MEDI (6334) Catalina Escobar Llanos - 0477 447 751 (NSW & ACT) <a href="mailto:catalina@medi.au">catalina@medi.au</a> Jennifer (Jenny) Gilbert - 0477 034 655 (QLD,Vic,Tas,NT,SA,WA) <a href="mailto:jennifer@medi.au">jennifer@medi.au</a>		



Available as an off-the-shelf option



Available as a custom made option

Company: OPC Health

Website: [www.opchealth.com.au](http://www.opchealth.com.au)

		Flight Stocking (no oedema)	Mild Lymphoedema Class 2 Circular Knit	Mild Lymphoedema Class 2 Flat Knit	Moderate Lymphoedema Class 2 Flat Knit	Severe Lymphoedema Class 3 Flat Knit
Below Knee		<p><b>OAPL Travel Socks</b> – sizes S-XL; colours: black or beige; closed toe</p> <p><b>TheraFirm Knee Highs</b> – 15-20mmHg; sizes S-XXL; colours: black, sand, natural; closed toe</p> <p><b>TheraFirm Trouser Socks</b> – 15-20mmHg; sizes S-XL; colours: black; closed toe</p> <p><b>TheraFirm Corespun Support Sock</b> – 15-20mmHg; sizes S-XXL; colour: black; closed toe</p>	<p><b>Juzo Dynamic AD Knee</b> – CL1,2&amp;3; sizes 1-6, 3 lengths; 8 standard colours; with or without silicone, open or closed toe; available with cotton or silver also. <b>Juzo Move AD knee</b> – CL1,2&amp;3; sizes 1-6, 3 lengths; 8 standard colours; with or without silicone, open or closed toe. <b>Juzo Intenso AD Knee</b> - CL2&amp;3; sizes 1-6, 3 lengths; 8 standard colours; with/without silicone, open/closed toe</p>	<p><b>Juzo Expert AD Knee</b> – CL1,2; sizes 1-6, 2 lengths; colour: almond; with or without silicone; open toe <a href="https://www.opchealth.com.au/juzo-expert-knee-cl2">https://www.opchealth.com.au/juzo-expert-knee-cl2</a></p>	<p><b>Juzo Expert AD Knee</b> – CL1,2; sizes 1-6, 2 lengths; colour: almond; with or without silicone; open toe <a href="https://www.opchealth.com.au/juzo-expert-knee-cl2">https://www.opchealth.com.au/juzo-expert-knee-cl2</a></p>	
		<p><b>Juzo Soft AD Knee High</b> – CL 1; 8 standard colours plus 6 trend colours; with or without silicone, open/closed toe <a href="https://www.opchealth.com.au/juzo-soft-knee-cl1">https://www.opchealth.com.au/juzo-soft-knee-cl1</a></p>	<p><b>Juzo Dynamic AD Knee</b> – CL1,2&amp;3; 8 standard colours; with or without silicone, open or closed toe; available with cotton or silver also</p> <p><b>Juzo Move AD knee</b> – CL1,2&amp;3; 8 standard colours; with or without silicone, open or closed toe . <b>Juzo Intenso AD Knee</b> - CL2&amp;3; 8 standard colours; with or without silicone, open or closed toe</p>	<p><b>Juzo Expert AD Knee</b> – CL1,2; sizes 1-6, 2 lengths; colour: almond; with or without silicone; open toe <a href="https://www.opchealth.com.au/juzo-expert-knee-cl2">https://www.opchealth.com.au/juzo-expert-knee-cl2</a></p>	<p><b>Juzo Expert AD Knee</b> – CL1-4; 8 standard colours plus 6 trend colours; with or without silicone; open or closed toe; also available with cotton or silver fabric <a href="https://www.opchealth.com.au/juzo-expert-knee-cl2">https://www.opchealth.com.au/juzo-expert-knee-cl2</a></p>	<p><b>Juzo Expert AD Knee</b> – CL1-4; 8 standard colours plus 6 trend colours; with or without silicone; open or closed toe; also available with cotton or silver fabric</p> <p><b>Juzo Expert Strong AD Knee</b> - CL1-4; 8 standard colours plus 6 trend colours; with or without silicone; open or closed toe; also available with cotton or silver fabric</p>
Thigh		<p><b>TheraFirm Thigh High Lace</b> – 15-20mmHg; sizes S-XXL; colour: sand; closed toe; lace silicone band; <a href="https://www.opchealth.com.au/therafirm-thigh-high-lace-top-sheer">https://www.opchealth.com.au/therafirm-thigh-high-lace-top-sheer</a> <b>Juzo Soft AG Thigh</b> - CL1 or 2; sizes 1-6, 3 lengths; 8 standard colours plus trend colours; with or without silicone; open or closed toe <a href="https://www.opchealth.com.au/juzo-soft-thigh-cl1">https://www.opchealth.com.au/juzo-soft-thigh-cl1</a></p>	<p><b>Juzo Dynamic AG Thigh</b> – CL1,2&amp;3; sizes 1-6, 3 lengths; 8 standard colours; with/without silicone, open or closed toe; available with cotton or silver also <a href="https://www.opchealth.com.au/juzo-dynamic-thigh-cl2">https://www.opchealth.com.au/juzo-dynamic-thigh-cl2</a> <b>Juzo Move AG Thigh</b> - CL1,2&amp;3; sizes 1-6, 3 lengths; 8 standard colours; with or without silicone, open/closed toe <a href="https://www.opchealth.com.au/juzo-move-thigh-cl2">https://www.opchealth.com.au/juzo-move-thigh-cl2</a></p>	<p><b>Juzo Expert AG Thigh</b> – CL2; sizes 1-6, 2 lengths; colour: almond; with or without silicone; open toe <a href="https://www.opchealth.com.au/juzo-expert-thigh-cl2">https://www.opchealth.com.au/juzo-expert-thigh-cl2</a></p>	<p><b>Juzo Expert AG Thigh</b> – CL2; sizes 1-6, 2 lengths; colour: almond; with or without silicone; open toe <a href="https://www.opchealth.com.au/juzo-expert-thigh-cl2">https://www.opchealth.com.au/juzo-expert-thigh-cl2</a></p>	
		<p><b>Juzo Soft AG Thigh High</b> – CL 1; 8 standard colours plus 6 trend colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-soft-thigh-cl1">https://www.opchealth.com.au/juzo-soft-thigh-cl1</a></p>	<p><b>Juzo Dynamic AG Thigh</b> – CL1,2&amp;3; 8 standard colours; with or without silicone, open or closed toe; available with cotton or silver also <a href="https://www.opchealth.com.au/juzo-dynamic-thigh-cl2">https://www.opchealth.com.au/juzo-dynamic-thigh-cl2</a> <b>Juzo Move AG Thigh</b> - CL1,2&amp;3; 8 standard colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-move-thigh-cl2">https://www.opchealth.com.au/juzo-move-thigh-cl2</a></p>	<p><b>Juzo Expert AG Thigh</b> – CL1-4; 8 standard colours plus 6 trend colours; with or without silicone; open or closed toe; also available with cotton or silver fabric <a href="https://www.opchealth.com.au/juzo-expert-thigh-cl2">https://www.opchealth.com.au/juzo-expert-thigh-cl2</a></p>	<p><b>Juzo Expert AG Thigh</b> – CL1-4; 8 standard colours plus 6 trend colours; with or without silicone; open or closed toe; also available with cotton or silver fabric <a href="https://www.opchealth.com.au/juzo-expert-thigh-cl2">https://www.opchealth.com.au/juzo-expert-thigh-cl2</a></p>	<p><b>Juzo Expert Strong AG Thigh</b> - CL1-4; 8 standard colours plus 6 trend colours; with or without silicone; open or closed toe; also available with cotton or silver fabric; not on website, please contact team for information</p>

**Top 3 Fitter Tips**

1. Measure accurately and both limbs – when measuring always measure both sides as limbs are often different and do not take circumferences in skin folds. If possible, measure in the morning when oedema is at its lowest.
2. Match the garment style and fabric to the limb shape – consider circular knit garments for regular shaped limbs and flatknit garments for irregular shaped limbs and/or limbs with skin folds.
3. Prioritise comfort and donning ability – consider the clients goals and tolerance when prescribing garments, the 'best practice' solution is not always the best option for the client if they will not wear it. Flatknit garments are often easier to don as a lower compression class in flatknit can have a similar hold to a higher compression class in circular knit.

		Garments for Elderly or Peripheral Vascular Disease	Night-Time
Below Knee		<b>Juzo Move AD knee</b> – easier to don, wider foot; CL1,2&3; sizes 1-6, 3 lengths; 8 standard colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-move-knee-cl2">https://www.opchealth.com.au/juzo-move-knee-cl2</a> <b>Juzo Soft AD knee high</b> – CL 1,2; sizes 1-6, 3 lengths; 8 standard colours plus 6 trend colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-soft-knee-cl1">https://www.opchealth.com.au/juzo-soft-knee-cl1</a>	<b>Juzo Soft Compress Bandage Aid Lower Leg</b> – sizes 1-5 & universal size; white; 100% cotton outer, channels to aid lymph flow and soften tissues <a href="https://www.opchealth.com.au/juzo-soft-compress-bandage-aid-lower-leg">https://www.opchealth.com.au/juzo-soft-compress-bandage-aid-lower-leg</a> <b>Mobiderm Autofit Sock</b> - sizes 1-4, 4 lengths; beige; ambidextrous and adjustable design <a href="https://www.opchealth.com.au/mobiderm-autofit-sock">https://www.opchealth.com.au/mobiderm-autofit-sock</a>
		<b>Juzo Move AD knee</b> – easier to don, wider foot; CL1,2&3; 8 standard colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-move-knee-cl2">https://www.opchealth.com.au/juzo-move-knee-cl2</a> <b>Juzo Soft AD knee high</b> – CL 1,2; 8 standard colours plus 6 trend colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-soft-knee-cl1">https://www.opchealth.com.au/juzo-soft-knee-cl1</a>	<b>Juzo Soft Compress Bandage Aid Lower Leg</b> – white; 100% cotton outer, channels to aid lymph flow and soften tissues <a href="https://www.opchealth.com.au/files/attachments/607_JUZO%20SOFT%20COMPRESS%20MEASURING%20CHART%202024.pdf">https://www.opchealth.com.au/files/attachments/607_JUZO%20SOFT%20COMPRESS%20MEASURING%20CHART%202024.pdf</a> <b>Mobiderm MTM Below Knee</b> – custom made garment with Mobiderm padding <a href="https://www.opchealth.com.au/mobiderm-below-knee">https://www.opchealth.com.au/mobiderm-below-knee</a>
Thigh		<b>Juzo Move AG Thigh</b> – easier to don, wider foot; CL1,2&3; sizes 1-6, 3 lengths; 8 standard colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-move-thigh-cl2">https://www.opchealth.com.au/juzo-move-thigh-cl2</a> <b>Juzo Soft AG Thigh</b> - CL1 or 2; sizes 1-6, 3 lengths; 8 standard colours plus trend colours; with or without silicone; open or closed toe <a href="https://www.opchealth.com.au/juzo-soft-thigh-cl1">https://www.opchealth.com.au/juzo-soft-thigh-cl1</a>	<b>Mobiderm Autofit Thigh</b> – sizes 1-4, 4 lengths; beige; ambidextrous and adjustable design <a href="https://www.opchealth.com.au/mobiderm-autofit-thigh">https://www.opchealth.com.au/mobiderm-autofit-thigh</a>
		<b>Juzo Move AG Thigh</b> – easier to don, wider foot; CL1,2&3; 8 standard colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-move-thigh-cl2">https://www.opchealth.com.au/juzo-move-thigh-cl2</a> <b>Juzo Soft AG Thigh high</b> – CL 1; 8 standard colours plus 6 trend colours; with or without silicone, open or closed toe <a href="https://www.opchealth.com.au/juzo-soft-thigh-cl1">https://www.opchealth.com.au/juzo-soft-thigh-cl1</a>	<b>Juzo Soft Compress Thigh</b> – white; 100% cotton outer, channels to aid lymph flow and soften tissues <a href="https://www.opchealth.com.au/files/attachments/607_JUZO%20SOFT%20COMPRESS%20MEASURING%20CHART%202024.pdf">https://www.opchealth.com.au/files/attachments/607_JUZO%20SOFT%20COMPRESS%20MEASURING%20CHART%202024.pdf</a> <b>Mobiderm MTM Thigh</b> – custom made garment with Mobiderm padding <a href="https://www.opchealth.com.au/mobiderm-thigh-high">https://www.opchealth.com.au/mobiderm-thigh-high</a>

Special Options – Customisable Features	
<p>Nearly all Juzo fabrics can be custom made, including circular and flatknit garments. Juzo Expert and Expert Strong can be custom made with many different features and designs. The most commonly used features include: silicone border (3.5cm or 5cm), balance silicone border (microdots), overheight at top of garment to extend higher on the lateral side, tricot lining at the front of ankle or behind the knee, 90 degree foot to reduce fabric at front of ankle. Zippers and pockets for padding are also available</p> <p>Please reach out to our team for further assistance with custom garment selection</p>	

		Midline Oedema		Toe Glove
Scrotum		<b>Juzo Soft Compress Genital Pad</b> - 3 sizes; white; 100% cotton outer <a href="https://www.opchealth.com.au/juzo-soft-compress-genital-pad-male">https://www.opchealth.com.au/juzo-soft-compress-genital-pad-male</a>		
		<b>Juzo Soft Compress Genital Pad</b> - white; 100% cotton outer <a href="https://www.opchealth.com.au/files/attachments/606_JUZO%20SOFT%20COMPRESS%20ACCESSORIES%20MEASURING%20CHART%202024.pdf">https://www.opchealth.com.au/files/attachments/606_JUZO%20SOFT%20COMPRESS%20ACCESSORIES%20MEASURING%20CHART%202024.pdf</a>		
Bike Shorts		<b>Juzo Classic Seamless Shorts:</b> Thin 3D flatknit; CL2; M/F; sizes 1–6; almond, sesame, black. <b>Juzo ScarPrime Direct Shorts:</b> Flatknit; 20–30mmHg; M/F; sizes 1–6; beige, black. <b>Mobiderm Intimate Shorts:</b> Cut & sew; 15–20mmHg; M/F; sizes 1–6; black.		
		<b>Juzo Expert</b> – soft flatknit fabric; CL1-4; 8 standard colours plus 6 trend colours, <a href="https://www.opchealth.com.au/juzo-expert-stockings">https://www.opchealth.com.au/juzo-expert-stockings</a>		
Capri		<b>Juzo Classic Seamless Capri</b> – thin seamless 3D flatknit; CL2, colour: almond; compression in panty as well as legs, firm fit <a href="https://www.opchealth.com.au/juzo-classic-seamless-capri-pants-cl2">https://www.opchealth.com.au/juzo-classic-seamless-capri-pants-cl2</a>		
		<b>Juzo Expert</b> – soft flatknit fabric; CL1-4; 8 standard colours plus 6 trend colours, <a href="https://www.opchealth.com.au/juzo-expert-stockings">https://www.opchealth.com.au/juzo-expert-stockings</a>		
<b>Contact Information</b>		<p>Off the Shelf Garments, Custom Jobst/Mobiderm and General Product Queries  <a href="mailto:garments@opchealth.com.au">garments@opchealth.com.au</a> 1300 672 937                      Custom Juzo - Jenny Sayle  <a href="mailto:jsayle@opchealth.com.au">jsayle@opchealth.com.au</a> 02 9319 1955                      Clinical Advice                      Natalie Hadley (Compression Product Manager): 0431 840 361  <a href="mailto:nhadley@opchealth.com.au">nhadley@opchealth.com.au</a>                      Abagtha Sardar (VIC/TAS Compression Sales): 0431 177 262  <a href="mailto:asardar@opchealth.com.au">asardar@opchealth.com.au</a></p>		



Available as an off-the-shelf option



Available as a custom made option

Company: SIGVARIS Australia

Website: <https://www.sigvaris.com/en-au>

		Flight Stocking (no oedema)	Mild Lymphoedema Class 2 Circular Knit	Mild Lymphoedema Class 2 Flat Knit	Moderate Lymphoedema Class 2 Flat Knit	Severe Lymphoedema Class 3 Flat Knit
Below Knee		Microfiber Shades or Merino Wool - Shoe size garments - Multicolour options, premium fabric - Long lasting	Essential Thermoregulating - Extensive size chart - Closest off-the-shelf option to custom made - Breathable and discreet	Alternative to Flat Knit - CompreFlex Standard Wrap - Adjustable compression system - Provides autonomy and patient independence - Non-stretch material to resist fluid buildup	Alternative to Flat Knit - CompreFlex Standard Wrap - Adjustable compression system - Provides autonomy and patient independence - Non-stretch material to resist fluid buildup	Alternative to Flat Knit - CompreFlex Reduce Wrap - Off-the-shelf/custom made hybrid - Excellent for large or complex limb shapes
		Cotton Custom Made Cl.1 - Contains cotton for thermoregulating effect - 2-3 week delivery ETA - Grip top options	Traditional Custom Made Cl. 2 - Firm, containing fabric	Optiform FLEX - Made with natural fibers - Comfortable option for those new to compression/flat knit compression.	Optiform HOLD - Firm, stretch resistant fabric - Gold standard for those with Lymphoedema/ Lipoedema	Optiform HOLD - Firm, stretch resistant fabric - Gold standard for those with Lymphoedema/ Lipoedema
Thigh		Essential Cotton - Measured garment - Breathable fabric - Soft and comfortable	Essential Thermoregulating - Extensive size chart - Closest off-the-shelf option to custom made - Breathable and discreet	Alternative to Flat Knit - CompreFlex Standard Wrap - Adjustable compression system - Provides autonomy and patient independence - Non-stretch material to resist fluid buildup	Alternative to Flat Knit - CompreFlex Standard Wrap - Adjustable compression system - Provides autonomy and patient independence - Non-stretch material to resist fluid buildup	Alternative to Flat Knit - CompreFlex Reduce Wrap - Off-the-shelf/custom made hybrid - Excellent for large or complex limb shapes
		Cotton Custom Made CL1 - Contains cotton for thermoregulating effect - 2-3 week delivery ETA - Grip top options	Traditional Custom Made Cl. 2 - Firm, containing fabric	Optiform FLEX - Made with natural fibers - Comfortable option for those new to compression/flat knit compression.	Optiform HOLD - Firm, stretch resistant fabric - Gold standard for those with Lymphoedema/ Lipoedema	Optiform HOLD - Firm, stretch resistant fabric - Gold standard for those with Lymphoedema/ Lipoedema

<b>Top 3 Fitter Tips</b>	<ol style="list-style-type: none"> <li>1. Donning and doffing can be tricky, so utilise available resources. We have 5+ donning aids, youtube tutorials and dedicated customer support ready to guide you/your patient.</li> <li>2. Compression garments should be 'graduated' - it should feel tightest at the foot and ankle (therefore the hardest area to don), and more gentle as it graduates up the leg.</li> <li>3. Know your landmarks - Below knee garments should rest a few fingers below the knee crease, thigh highs should rest a few fingers below the top of the thigh.</li> </ol>
--------------------------	---

		Garments for Elderly or Peripheral Vascular Disease	Night-Time
Below Knee		Style Soft opaque - Gentle, soft and stretchy - Easy to don - Comfortable over wounds	Chipsleeve - Directs lymph fluid and promotes drainage - Massaging effect
		Cotton Custom Made - Contains cotton for thermoregulating effect - 2-3 week delivery ETA - Grip top options	Chipsleeve - Directs lymph fluid and promotes drainage - Massaging effect
Thigh		Style Soft opaque - Gentle, soft and stretchy - Easy to don - Comfortable over wounds	Chipsleeve - Directs lymph fluid and promotes drainage - Massaging effect
		Cotton Custom Made - Contains cotton for thermoregulating effect - 2-3 week delivery ETA - Grip top options	Chipsleeve - Directs lymph fluid and promotes drainage - Massaging effect

Special Options – Customisable Features
SIGVARIS garments have an extensive portfolio of options - please contact us to discuss what options are best for your patient's needs. Examples of options include open toe/closed toe, slant/straight foot, various grip tops, waistband variations, as well as various fabrics (flat knit, round knit, wraps, cotton, synthetic etc.).  Whether it's an off the shelf or custom made - we will have something that fits!

		Midline Oedema
Scrotum		Chip Pad Genift - Massages tissue and facilitates oedema
		
Bike Shorts		Compreshorts - Sizes S - 5XL
		Optiform FLEX or HOLD
Capri		Compreshorts Capri - Sizes S - 5XL
		Optiform FLEX or HOLD

		Toe Glove
Cut & Sew		
		
Flat Knit		Mainat Flat Knit Foot Glove - 4 toe or 5 toe option
		Optiform Toe Caps

Contact Information
SIGVARIS Australia 53 Stanley Street, West Melbourne, VIC 3003 1300 7448 2747 orders.au@sigvaris.com for all enquiries

# Sponsors

Thank you to our industry partners for supporting the development of this LES resource and ongoing clinical learning. Inclusion does not imply endorsement. Clinicians are encouraged to apply professional judgement in all aspects of patient care.



Essity  
[jobst.com.au](http://jobst.com.au)



Haddenham Healthcare  
[hadhealth.com.au](http://hadhealth.com.au)



Lohmann & Rauscher Pty Ltd  
[lohmann-rauscher.com.au](http://lohmann-rauscher.com.au)



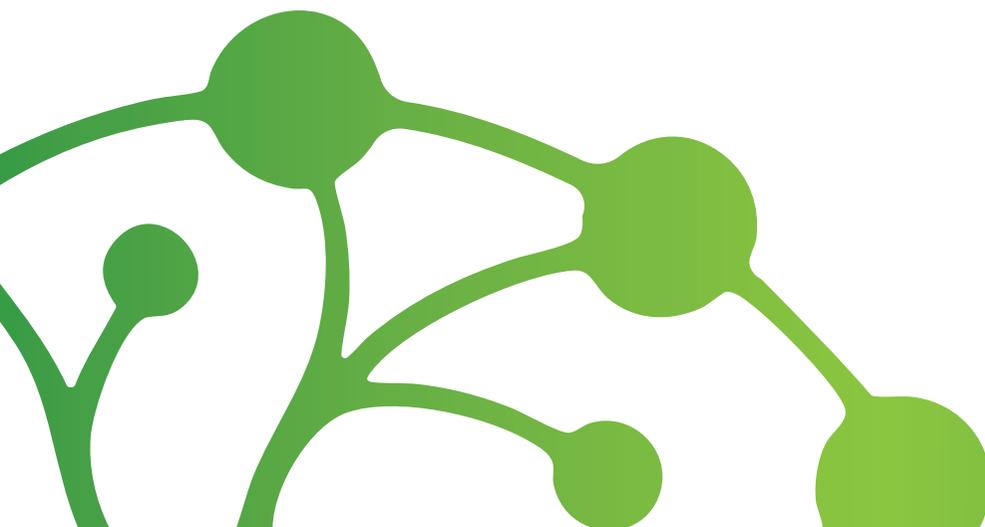
Medi  
[mediaustralia.com.au](http://mediaustralia.com.au)



OPC Health  
[opchealth.com.au](http://opchealth.com.au)



SIGVARIS Australia  
[sigvaris.com/en-au](http://sigvaris.com/en-au)



Phone: 0407 011 730  
[info@lymphoedemaeducation.com.au](mailto:info@lymphoedemaeducation.com.au)  
View upcoming courses and dates at [lymphoedemaedu.com](http://lymphoedemaedu.com)