



Understanding Compression Classes

Compression	Class & Pressure	Common Uses & Indications	Prescription
Below 15 mmHg	Light / Wellness • 8–15 mmHg	Mild fatigue, light travel support, prolonged sitting/standing.	Over-the-counter
15–20 mmHg	Mild / Class I (US/CAN) • 15–20 mmHg	Tired legs, mild swelling, minor varicose veins, pregnancy discomfort.	Over-the-counter
20–30 mmHg	Class I (EU) / Class II • 20–30 mmHg	Moderate varicose veins, noticeable edema, DVT prevention, post-surgery recovery, early Stage 0–1 primary or secondary lymphedema, lipedema.	Required by most fitters and for reimbursement from Extended Health Benefits or Government Programs
30–40 mmHg	Class II (EU) / Class III • 30–40 mmHg	Severe varicose veins, chronic venous insufficiency (CVI), Stage 2 lymphedema, severe edema.	Required by most fitters and for reimbursement from Extended Health Benefits or Government Programs
40+ mmHg	Class III/IV • 40–50+ mmHg	Severe Stage 3 lymphedema in arm or leg, severe post-thrombotic syndrome, active venous ulcers.	Strictly Medical Prescription

Key Compression Level Details

1. Light / Mild Compression (15–20 mmHg & below)

Purpose: Everyday wellness and symptom prevention.

Best for: People who stand or sit for long hours at work, frequent flyers preventing swollen ankles, and early-stage pregnancy.

2. Moderate / Class I Medical Grade (20–30 mmHg)

Purpose: Entry-level medical compression for noticeable circulatory issues or early onset edema, Stage 0–1 Primary or Secondary Lymphedema, Lipedema.

Best for: Managing pronounced varicose veins, moderate leg/arm swelling (edema), preventing deep vein thrombosis (DVT) during long-distance travel, and post-sclerotherapy recovery.

3. Firm / Class II Medical Grade (30–40 mmHg)

Purpose: Strong medical therapy for severe venous disorders and Stage 2 Primary or Secondary Lymphedema.

Best for: Chronic venous insufficiency, severe leg/arm swelling, management of healed venous ulcers.

4. Extra Firm / Class III & IV Medical Grade (40–50+ mmHg)

Purpose: High-pressure specialized clinical treatment.

Best for: Advanced Stage 3 lymphedema, recurrent or active venous stasis ulcers, and severe post-thrombotic syndrome.

Note: European sizing standards (such as the German RAL-GZ 387 standard) group classes slightly differently (e.g., EU Class I starts around 18–21 mmHg, Class II around 23–32 mmHg).

Consult a healthcare provider or professional fitter to ensure proper sizing and compression level for specific conditions.