

# REST HUB

## Travel Ready

### Ordering Medical Grade Compression Socks

Medical grade compression socks are the most appropriate compression garment for long-haul travel, to minimise swelling and reduce the risk of developing deep vein thrombosis (see Page 4 for more information).

Two options are available to order Venosan® medical grade compression socks. Follow the information on Page 2 to determine the most suitable option for your needs.

Contact the REST Hub if you require assistance or specific information regarding custom garments ([resthub@ausport.gov.au](mailto:resthub@ausport.gov.au)).

#### Product information & options

- > **Product:** The Venosan® V4002 compression socks are categorised as a Class II garment (moderate compression, ranging from 23-32 mmHg), and are suitable for most individuals.
- > **Colour** [see below]: Available in 2 colours, black or mexico (beige).
- > **Open or closed toe** [see below]: Available in an open or closed toe. With closed toe socks, the toe area is the same as a standard sock, whereas open toe socks have no fabric covering the toe area. The rest of the sock is the same. **For the majority, the closed toe option is most suitable.**
- > **Sizing:** 3 circumference measurements and 1 length measurement are required to establish individual sock size (available in S, M, L, XL; in a short or long length). See Page 2 for measurement sites and the associated size chart.



Closed toe



Open toe



Colour: Black



Colour: Mexico

#### Made-to-measure [customised] garments

When a standard garment is not suitable [e.g., when an individual does not fit within the sizing of the off-the-shelf garments], Made-to-measure garments can be customised to suit an individual's needs.

If you anticipate requiring a made-to-measure garment, please contact the REST Hub for assistance.

## Ordering medical grade compression socks [Venosan®]

### DOES YOUR ORDER...

- ✓ Require multiple delivery addresses?
- ✓ Require multiple transactions for payment (i.e., split payment)?

**YES?**  
Follow OPTION 1 below

**NO?**  
See criteria for OPTION 2

#### OPTION 1: independent online order [RRP]

- > Recommended retail prices apply.
- > Complete a separate order for each delivery address or transaction.

**Note:** Webstore is managed by Medical Accessories of Australia.

1. Visit: <https://www.venosan.com.au/>
2. Click: **'PRODUCTS'** then **'4002 COMPRESSION STOCKINGS'**. Locate your required product ['C/Toe'; closed toe] and ['Short' or 'Long' length] then select **'MORE'**.
3. Select the following:
  - > Colour: **'BLACK'** or **'MEXICO [beige]'**.
  - > Size: **'SMALL, MEDIUM, LARGE, XLARGE'**.
  - > Top Band: **'PLAIN'**.
  - > Enter quantity.
4. Click: **ADD TO CART**, then continue to **CHECKOUT**.

- ✓ Have a single delivery address?
- ✓ Require a single transaction for payment?

**Note:** Orders under \$200 will incur a \$25 handling fee.

**YES?**  
Follow OPTION 2 below

**NO?**  
See criteria for OPTION 1

#### OPTION 2: direct order [discounted rate]

- > Significant retail price discount, strict conditions apply.
- > Confirm your order meets the above criteria.

1. Use attached order form as follows:
  - > Enter **customer contact details & delivery address**.
  - > Locate relevant section: **Venosan 4002 AD - below knee, open or closed toe (black or beige)**.
  - > Locate product/s under **MATERIAL DESCRIPTION**: this will be **Venosan 4000 AD Ccl. 2**, then **COLOUR** (black or mexican), **SIZE** (S, M, L, XL), **LENGTH** (long or short), and **OPEN OR CLOSED TOE**.
  - > Enter **QUANTITY REQUIRED**.
2. Email: [ordersaus@au.LRMed.com](mailto:ordersaus@au.LRMed.com)
3. Call 1300 572 869 to complete payment via credit card.

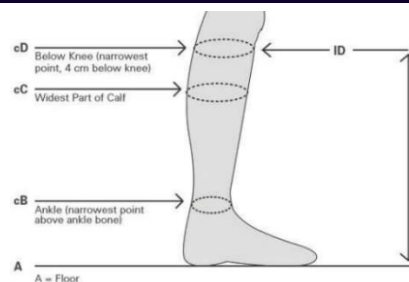
Obtain the following four measurements and apply to the size chart below to establish individual sizes.

#### Circumference

- > **cB: ANKLE** - the narrowest point above ankle bone.
- > **cC: CALF** - the widest part of the calf.
- > **cD: BELOW KNEE** - narrowest point, 4 cm below the knee (where the top of the sock would sit).

#### Length

- > **ID:** floor to 4 cm below the knee crease (cD).



### SIZE CHART

**Note: if the individual is between sizes for any measurement, please opt for the larger option.**

CIRCUMFERENCE				
Measurement	Small	Medium	Large	XL
Ankle [cB]	20-23 cm	23-26 cm	26-29 cm	29-31 cm
Widest part of the calf [cC]	29-39 cm	33-42 cm	36-45 cm	39-47 cm
4 cm below the knee [cD]	28-38 cm	32-41 cm	35-44 cm	38-46 cm
LENGTH				
Measurement	Short	Long		
Floor to 4 cm below knee [ID]	35-40 cm	37-42 cm		

Forward completed order form to L&R Customer Service  
 Email: [ordersaus@au.LRMed.com](mailto:ordersaus@au.LRMed.com)  
 Phone: 1300 572 869

## Order Form

Customer Name

Delivery Address

	Ph:
	Email:
	Contact:
	L&R Account Number: 11395242

Date:	
PO #:	

### VENOSAN 4002 AD Ccl. 2 - BELOW KNEE, CLOSED TOE (BLACK)

PRODUCT CODE	ALTERNATE CODE	MATERIAL DESCRIPTION	COLOUR	TOE	LENGTH	SIZE	QUANTITY REQUIRED	Office Use
150727	SN42011	VENOSAN 4000 AD Ccl. 2	Black	Closed	Long	Small		
150728	SN42012	VENOSAN 4000 AD Ccl. 2	Black	Closed	Long	Medium		
150729	SN42013	VENOSAN 4000 AD Ccl. 2	Black	Closed	Long	Large		
150730	SN42014	VENOSAN 4000 AD Ccl. 2	Black	Closed	Long	XL		
150735	SN42031	VENOSAN 4000 AD Ccl. 2	Black	Closed	Short	Small		
150736	SN42032	VENOSAN 4000 AD Ccl. 2	Black	Closed	Short	Medium		
150737	SN42033	VENOSAN 4000 AD Ccl. 2	Black	Closed	Short	Large		
150738	SN42034	VENOSAN 4000 AD Ccl. 2	Black	Closed	Short	XL		

### VENOSAN 4002 AD Ccl. 2 - BELOW KNEE, OPEN TOE (BLACK)

PRODUCT CODE	ALTERNATE CODE	MATERIAL DESCRIPTION	COLOUR	TOE	LENGTH	SIZE	QUANTITY REQUIRED	Office Use
150723	SN42001	VENOSAN 4000 AD Ccl. 2	Black	Open	Long	Small		
150724	SN42002	VENOSAN 4000 AD Ccl. 2	Black	Open	Long	Medium		
150725	SN42003	VENOSAN 4000 AD Ccl. 2	Black	Open	Long	Large		
150726	SN42004	VENOSAN 4000 AD Ccl. 2	Black	Open	Long	XL		
150731	SN42021	VENOSAN 4000 AD Ccl. 2	Black	Open	Short	Small		
150732	SN42022	VENOSAN 4000 AD Ccl. 2	Black	Open	Short	Medium		
150733	SN42023	VENOSAN 4000 AD Ccl. 2	Black	Open	Short	Large		
150734	SN42024	VENOSAN 4000 AD Ccl. 2	Black	Open	Short	XL		

### VENOSAN 4002 AD Ccl. 2 - BELOW KNEE, CLOSED TOE (MEXICO)

PRODUCT CODE	ALTERNATE CODE	MATERIAL DESCRIPTION	COLOUR	TOE	LENGTH	SIZE	QUANTITY REQUIRED	Office Use
150443	SG42011	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Long	Small		
150444	SG42012	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Long	Medium		
150445	SG42013	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Long	Large		
150446	SG42014	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Long	XL		
150451	SG42031	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Short	Small		
150452	SG42032	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Short	Medium		
150453	SG42033	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Short	Large		
150454	SG42034	VENOSAN 4000 AD Ccl. 2	Mexico	Closed	Short	XL		

### VENOSAN 4002 AD Ccl. 2 - BELOW KNEE, OPEN TOE (MEXICO)

PRODUCT CODE	ALTERNATE CODE	MATERIAL DESCRIPTION	COLOUR	TOE	LENGTH	SIZE	QUANTITY REQUIRED	Office Use
150439	SG42001	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Long	Small		
150440	SG42002	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Long	Medium		
150441	SG42003	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Long	Large		
150442	SG42004	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Long	XL		
150447	SG42021	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Short	Small		
150448	SG42022	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Short	Medium		
150449	SG42023	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Short	Large		
150450	SG42024	VENOSAN 4000 AD Ccl. 2	Mexico	Open	Short	XL		

Orders need to be received and paid by L&R customer service by 12pm AEST for processing and shipping same day.  
 If received after 12pm then the orders will be shipped the following day.

# REST HUB

## Travel Ready

### Compression for Travel

Medical grade compression socks are the most appropriate compression garment for long-haul travel, minimising swelling and reducing the risk of developing deep vein thrombosis.

#### Fitting considerations

- > Ensure socks are the correct size and fit.
- > If using for the first time, try your compression socks prior to your travel period.
- > When putting on or taking off, be mindful of sharp fingernails, sharp-edged rings, or wristwear, that may damage the fabric.
- > Do not fold the top seam over as this may result in unsafe constriction.
- > If you start to experience any pain or feel unwell from wearing the socks, consult sport support staff or a medical professional.
- > Check the overall fit of the socks throughout your travel period.
- > Seek assistance as required for putting on, removing, or checking socks, or if you have questions.

#### Instructions for putting compression socks on

At a time that is convenient for you, put your compression socks on prior to departure (e.g., before leaving home, or at the airport prior to boarding). When putting the socks on:

- > Ensure legs and feet are dry.
- > Turn the leg of the sock inside out, down as far as the heel.
- > Use both thumbs to stretch the foot of the sock open and pull over your foot.
- > Grip the upper edge of the sock and pull it over your heel.
- > Once the leg of the sock is above your ankle, reach inside with both thumbs and massage the fabric up your leg with a zigzag movement, ensuring an even spread of fabric.

#### Instructions for taking compression socks off

Where practical, wear compression socks until ~1-2 hours following arrival at your destination (e.g., disembark, complete arrival requirements such as customs/baggage claim, transport to accommodation, and then remove). To remove socks:

- > Pull the upper seam of the leg down to the ankle.
- > Press both thumbs between the sock and the leg and pull it over your heel.
- > Slowly pull the sock over your foot.

#### Care instructions

- > To maintain functionality, wash regularly.
- > Regular machine wash using a cool water temperature ( $\leq 40^{\circ}\text{C}$ ).
- > Use a mild detergent without fabric softener.
- > Do not put the socks in a dryer, over a heater, or in direct sunlight.