

ExoStrong™

Affordable alternative to custom garments.

ExoStrong is a full line of off-the-shelf flat knit gradient compression garments for the maintenance of lymphoedema or oedema during the day or periods of high activity.

For lymphoedema patients, flat knit garments are one of the primary self-care options. Where circular knit migrates into the skin folds, flat knit helps shape the limb and provides the high containment needed to maintain reductions made in therapy.

ExoStrong is a fraction of the price of custom flat knits — allowing patients to choose the right daytime garment at an affordable price.



“ExoStrong is a great option for my patients that fit into standard sizes, because it provides them with the containment and comfort of flat-knit — at an affordable price compared to custom made.”

Karen Bock, PT, CWS, CLT-LANA



Made in the USA

High-quality flat knit, manufactured at LRUS in Milwaukee, Wisconsin.



Off-the-Shelf

Complete range of garments at a lower cost than custom-made options.



Supports mobility

High containment garment in a comfortable and functional design.



Quick and easy fitting

Only 2–5 measurements are needed to select your size for each style.



Easy garment care

Machine washable and dryable to maintain fit for the life of the garment.



Service guarantee

Guaranteed to be free of material and manufacturing defects for the six-month life of the garment.



ExoStrong™

Off-the-shelf flat knit compression garments.

Indications

- Mild to severe lymphoedema
- Oedema

Intended Uses

- Helps maintain reduced volume and shape by supporting extremities
- Management of mild to severe lymphoedema
- Management of mild to severe oedema (non-blood related)

Contraindications

- Arterial insufficiency/degeneration or ABPI < 0.8
- Moderate to severe peripheral arterial disease
- Untreated congestive heart failure
- Untreated/systemic infection (i.e. cellulitis)
- Allergies or sensitivities to materials

Precautions

- Impaired sensation (peripheral neuropathy)
- Cognitive impairment

Care Instructions

Washing

- Machine wash warm on permanent press
- Do not use bleach
- Do not dry clean

Drying

- Tumble dry low
- Do not iron



Material Content

Nylon (polyamide), lyocell, spandex (elastane), silicone*

*ExoStrong garments with Silicone Top only. Latex free.

For all queries relating to Exo products as well as ReadyWrap®, SwellSpots™, Caresia™, TributeNight™, Tribute® Wrap, or ExoSoft™ products please contact:

Complete Medical Compression WA

Phone: 08 6174 0314

Email: sales@cmcompression.com.au

Caresia™, ExoStrong™, ExoSoft™, SwellSpots™ and Tribute Night™ are trademarks of Lohmann & Rauscher GmbH & Co KG. © 2024
ReadyWrap® and Tribute® are registered trademarks of Lohmann & Rauscher GmbH & Co KG. © 2024

Lohmann & Rauscher Pty Ltd · 321 Ferntree Gully Road · Mount Waverley, Victoria 3149, Australia · Customer Service: 1300 572 869
Lohmann & Rauscher Limited · 21 Queen Street · Auckland 1010 · New Zealand · Customer Service: 0800 572 869

www.Lohmann-Rauscher.com.au



ExoStrong™

Off-the-shelf flat knit compression garments.



Scan QR Code to view Upper extremity instructions video



LFR0554_0824

www.Lohmann-Rauscher.com.au

ExoStrong™ Upper Extremity garments

No Seams
Gauntlet & Glove



Gauntlet

sold individually **Compression** 20-30mmHg

Size	Circumference (cm)		REF	
	Palm (cB)	Wrist (cC)	Beige	Black
Small	17 – 19	15 – 17	104296	104297
Medium	19 – 21	17 – 19	104298	104299
Large	22 – 24	20 – 22	104300	104301
X-Large	25 – 27	23 – 25	104302	104303



Glove

sold individually **Compression** 20-30mmHg

Size	Finger Length							
	Circumference (cm)		Quarter		Half		Full	
	Palm (cB)	Wrist (cC)	Beige	Black	Beige	Black	Beige	Black
	REF							
Small	17 – 19	15 – 17	104272	104275	104273	104276	104274	104277
Medium	19 – 21	17 – 19	104278	104281	104279	104282	104280	104283
Large	22 – 24	20 – 22	104284	104287	104285	104288	104286	104289
X-Large	25 – 27	23 – 25	104290	104293	104291	104294	104292	104295



Armsleeve

sold individually **Compression** 20-30mmHg

Size	Top of Armsleeve								
	Length (cm)		Circumference (cm)			Knit		Silicone	
	(IC-G)	Wrist (cC)	Elbow (cE)	Axilla (cG)	Beige	Black	Beige	Black	
	REF								
Small	Short (up to 43cm)				104304	104305	104306	104307	
	Average (up to 46cm)	15 – 17	24 – 27	27 – 30	104320	104322	104321	104323	
	Tall (up to 49cm)				104336	104338	104337	104339	
Medium	Short (up to 43cm)				104308	104310	104309	104311	
	Average (up to 46cm)	17 – 19	27 – 31	31 – 35	104324	104326	104325	104327	
	Tall (up to 49cm)				104340	104342	104341	104343	
Large	Short (up to 43cm)				104312	104314	104313	104315	
	Average (up to 46cm)	20 – 22	31 – 35	35 – 40	104328	104330	104329	104331	
	Tall (up to 49cm)				104344	104346	104345	104347	
X-Large	Short (up to 43cm)				104316	104318	104317	104319	
	Average (up to 46cm)	23 – 25	36 – 41	40 – 45	104332	104334	104333	104335	
	Tall (up to 49cm)				104348	104350	104349	104351	



ExoStrong™ Lower Extremity garments



ExoStrong™ Measuring Guide



Below Knee

sold individually **Compression** 20-30mmHg **Top Style:** Open

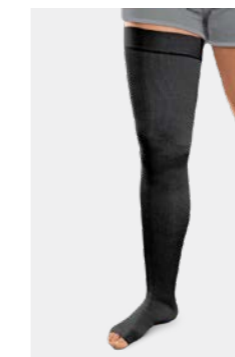
Size	Top of Stocking								
	Length (cm)		Circumference (cm)		Knit		Silicone		
	(IA)	(ID)	(cB)	(cC)	Beige	Black	Beige	Black	
	REF								
Small	Short	up to 17	up to 38	18 – 20	27 – 36	104181	104182	104183	104184
	Average	up to 19	up to 41			104201	104203	104202	104204
	Tall	up to 22	up to 44			104221	104223	104222	104224
Medium	Short	up to 17	up to 38	20 – 24	29 – 39	104185	104187	104186	104188
	Average	up to 19	up to 41			104205	104207	104206	104208
	Tall	up to 22	up to 44			104225	104227	104226	104228
Large	Short	up to 17	up to 38	24 – 28	32 – 43	104189	104191	104190	104192
	Average	up to 19	up to 41			104209	104211	104210	104212
	Tall	up to 22	up to 44			104229	104231	104230	104232
X-Large	Short	up to 17	up to 38	28 – 31	33 – 45	104193	104195	104194	104196
	Average	up to 19	up to 41			104213	104215	104214	104216
	Tall	up to 22	up to 44			104233	104235	104234	104236
XX-Large	Short	up to 17	up to 38	32 – 34	37 – 50	104197	104199	104198	104200
	Average	up to 19	up to 41			104217	104219	104218	104220
	Tall	up to 22	up to 44			104237	104239	104238	104240



Thigh High

sold individually **Compression** 20-30mmHg **Top Style:** Open

Size	Top of Stocking								
	Length (cm)		Circumference (cm)			Silicone		REF	
	(IA)	(ID)	(cB)	(cC)	(cG)	Beige	Black	Beige	Black
Small	Short	up to 17	up to 71	18 – 20	27 – 36	41 – 55	104241	104242	
	Average	up to 19	up to 74				104251	104252	
	Tall	up to 22	up to 77				104261	104262	
Medium	Short	up to 17	up to 71	20 – 24	29 – 39	45 – 61	104243	104244	
	Average	up to 19	up to 74				104253	104254	
	Tall	up to 22	up to 77				104263	104264	
Large	Short	up to 17	up to 71	24 – 28	32 – 43	50 – 66	104245	104246	
	Average	up to 19	up to 74				104255	104256	
	Tall	up to 22	up to 77				104265	104266	
X-Large	Short	up to 17	up to 71	28 – 31	33 – 45	56 – 71	104247	104248	
	Average	up to 19	up to 74				104257	104258	
	Tall	up to 22	up to 77				104267	104268	
XX-Large	Short	up to 17	up to 71	32 – 34	37 – 50	66 – 81	104249	104250	
	Average	up to 19	up to 74				104259	104260	
	Tall	up to 22	up to 77				104269	104270	



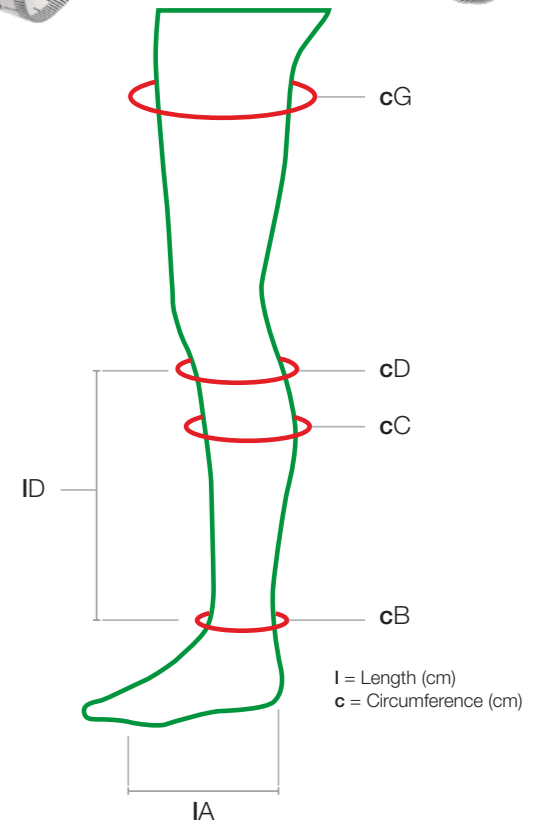
Lower Extremity

Circumference points:

- cG 2 cm below gluteal fold
- cD 2-3 cm below popliteal fossa
- cC widest part of calf
- cB 2 cm above malleolus

Lengths:

- IA heel to base of toes
- ID the length between point cB and point cD



Upper Extremity

Circumference points:

- cG top of the arm, just below the axillary crease
- cE round the elbow joint and into the crease of the elbow
- cC narrowest point of the wrist
- cB widest width of the palm, below the metacarpal phalangeal joints

Lengths:

- IC-G the length between point cC and point cG

