

## Make Sure You Have Proper Sock Fit

Proper fit allows a woman's hand to slide down between the sock and the cannon bone of the leg and still not feel tight. Snug, yes, but tight implies that your hand is experiencing a compression that is uncomfortable and you perceive it to be too much for your horse. You are the "boots on the ground," and if the socks feel too tight, the fit might not be right. [Contact us](#) if you are in doubt. Also read "About Compression and Silver Whinnys®" at [Sock Support](#).



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