



## How to Measure Elvarex Upper-Extremity Garments

### Sleeves

Elvarex custom-made sleeves are available in Elvarex compression classes 1, 2, and 3.

You will need the following:

- Prescription Order Form #50331
- Upper-Extremity Order Form #50449
- Measuring tape
- Marking pen.



Measure when the limb is at its smallest.



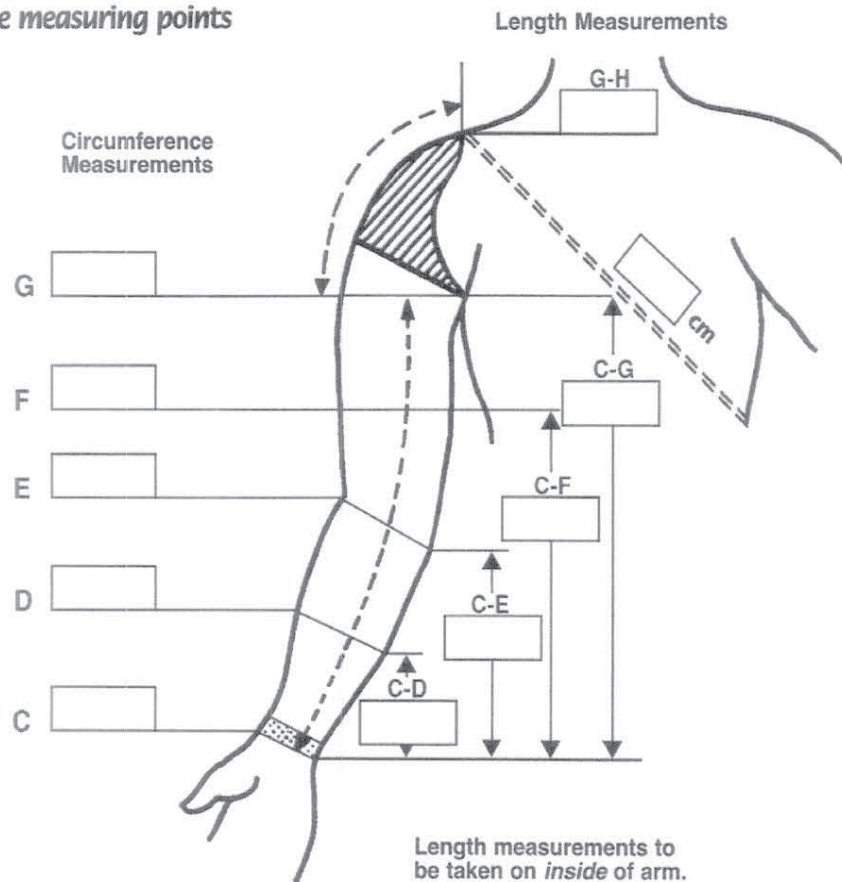
It is generally recommended that a patient with an Elvarex sleeve should also wear an Elvarex glove or gauntlet.

You will need to do the following:

- Complete all sections of the Prescription Order Form #50331.

- Complete clinic information and patient information on the Upper-Extremity Order Form #50449. Also, complete style, class, quantity, and options desired.
- Place the patient's arm on the table, with the palm supine (upward). Use a marking pen to mark the measurements points, C, D, E, F, and G, midline on the supinated arm. The following diagram illustrates the measuring points.

## Elvarex sleeve measuring points



### Steps to Follow for Measuring and Recording Circumferential Measurements

#### STEP 1 Measuring and Recording (C) Circumference

Measure and record the circumference at C, the distal flexion crease; however, if the patient has a very pronounced styloid process (wrist bone), include it in the wrist circumference. (At the wrist, the tape should never be pulled too tight!)

#### STEP 2 Measuring and Recording (D) Circumference

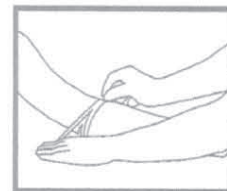
Measure and record the circumference at D, a point of the forearm where the circumference starts increasing. Generally, this point is slightly distal to the midpoint between C and E.

#### STEP 3 Measuring and Recording (E) Circumference

Measure and record the circumference at E, the elbow crease, and over the olecranon (elbow bone).



Ensure the arm is still bent at approximately a 35-degree angle for this measurement to help result in a comfortable fit.



Measuring E Circumference

**STEP 4 Measuring and Recording (F) Circumference**

Measure and record the circumference at F, the midpoint between the axilla (armpit) and the elbow. This point can be approximated.

**STEP 5 Measuring and Recording (G) Circumference**

Measure and record the circumference at G, the circumference measurement at the axilla. (G<sup>1</sup> is automatically determined by JOBST and is usually 3 cm to 4 cm.)

**Steps to Follow for Measuring and Recording Length Measurements****STEP 6 Measuring and Recording (C-D, C-E, C-F, and C-G) Length**

All length measurements should be taken from the medial (inside) aspect. Lay the measuring tape on the inside of the arm with the zero point at point C, the wrist. The patient may hold the end of the tape in place. Measure and record the lengths for C-D, C-E, and C-F. C-G should be taken with the arm hanging down.

**STEP 7 Measuring and Recording Requirements for a Sleeve with Strap or Bra Fastener**

If a sleeve with a strap or bra fastener is required, measure and record the distance from G to H, the shoulder, with the arm hanging down. H is the outside edge of the strap of the bra. Please indicate the width of the bra strap for the Velcro™ closure.

**STEP 8 Measuring and Recording Requirements for a Sleeve with Shoulder Strap**

If a sleeve with shoulder strap is required; measure also from H, the shoulder, around the trunk on the opposite side of the affected arm, to point H again.

**STEP 9 Measuring and Recording "Extra Measurements"**

Whenever you feel it is necessary to take "extra" measurements to alert BSN-JOBST that a contour is not normal, you must label the measurement with the letter that is distal to the new measurement with a superscript "1".

Remember to measure and record both a circumference and a length at that point. Indicate that you have taken extra measurements in the comment section.



**It is important to maintain the volume of the arm until the garment is available.**



**ALL MEASUREMENTS ARE NOW COMPLETE.**



## Gloves and Gauntlets

Elvarex custom-made gloves and gauntlets are available in Elvarex compression classes 1 (14-18 mmHg), 2 (20-25 mmHg), and 3 (25-30 mmHg).

You will need the following:

- Prescription Order Form #50331
- Glove/Gauntlet Order Form #50448
- Measuring tape
- Marking pen
- Plain paper for drawing hand outline (optional).



**Measure when the limb is at its smallest.**

You will need to do the following:

- Complete all sections of the Prescription Order Form #50331 (see page 14).
- Complete clinic information and patient information on the Glove/Gauntlet Order Form #50448. Mark if glove/gauntlet is to be worn with sleeve. Also, complete style, class, quantity, and options desired.
- If measuring the lengths of the hand from the palm, mark the measuring points, A, B, C, and C<sup>1</sup>.
- If measuring the lengths of the hand from a hand drawing: Fold a piece of plain paper in half, lengthwise. Place the patient's hand on the paper with the middle finger and wrist on the center line. Holding the pen in a vertical position, draw an outline of the patient's hand with the fingers slightly spread and the thumb at a 35-degree angle. Mark the lengths of fingers and thumb desired on the paper. Lengths will be measured from the hand drawing.
- Place the patient's hand in a pronated (palm downward) position on a flat surface with the fingers slightly apart (as in the diagram). (This allows you to observe the degree of lymphedema on the dorsum of the hand and gauge the tightness or looseness of the circumferential measurements accordingly). The following diagram illustrates the measuring points.



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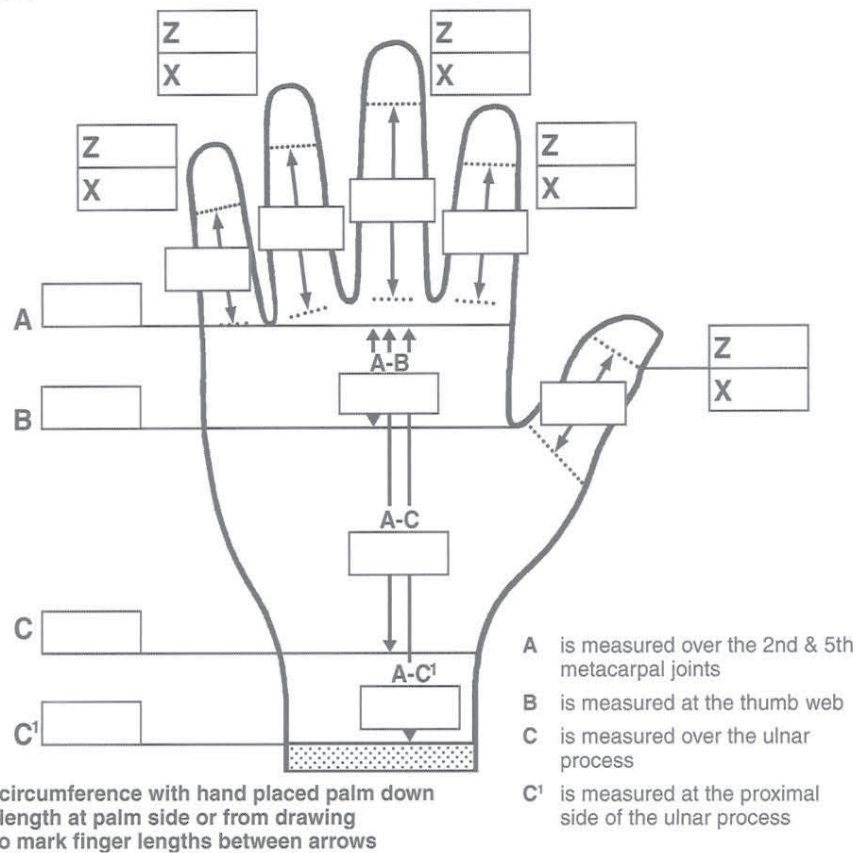


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## Elvarex glove measuring points



**Measure circumferences with the hand placed palm side down.**  
**Measure lengths with palm side facing upward, or from the hand drawing.**

### STEP 1 **Measuring and Recording (A) Circumference**

Measure and record the circumference at A, at the finger web, across the MCPs (knuckles).

### STEP 2 **Measuring and Recording (B) Circumference**

Measure and record the circumference at B, at the thumb web (parallel line to A).



**Generally, the circumference of B should be greater than (or at least equal to) the circumference at A.**

### STEP 3 **Measuring and Recording (C) Circumference**

Measure and record the circumference at C, the distal flexion crease; however, if the patient has a very pronounced styloid process (wrist bone), include it in the wrist circumference. (At the wrist, the tape should never be pulled too tight!)

### STEP 4 **Measuring and Recording (C') Circumference**

Measure and record the circumference at C', the proximal side of the radius, or where the glove or gauntlet should end on the arm (usually 4 cm to 6 cm past the wrist is sufficient).

**STEP 5 Measuring and Recording the Thumb (X and Z) Circumferences**

When measuring the thumb circumference, measure and record the circumference X, the base of the thumb. This measurement should be taken at a slight angle to include the joint of the thumb.

Measure and record the circumference at Z, the IP joint (proximal knuckle) of the thumb for half thumb, or to the desired length. The nail bed is the usual length for a full thumb.



**Do not measure past nail bed.**



**IF MEASURING FOR A GAUNTLET, NO OTHER CIRCUMFERENTIAL MEASUREMENTS ARE REQUIRED.**

**STEP 6 Measuring and Recording Finger (X and Z) Circumferences**

When measuring for a glove, measure and record the X measurement (the circumference at the base of the finger) for each finger.

Then measure the Z circumference of each finger.

For half fingers, the Z circumference is just proximal to the PIP joint (proximal knuckle), or the circumference where you would like the fingers to end.

For full fingers, measure to just below the nail bed.

Record Z.

**STEP 7 Measuring and Recording the Lengths of the Fingers**

Measure and record the finger lengths by measuring the length from Z to X. This measurement will vary depending on whether the glove is with half fingers or full fingers. For a glove with half fingers, measure from the web space to the PIP joint of each finger. For a glove with full fingers, measure from web space to the nail bed.



**Do not measure past nail bed.**

Record all lengths in the space between the arrows on the Glove/Gauntlet Order Form.



**If measuring the lengths from the palmar side, measure each finger on the inside of the hand with fingers together, and the tape flat to the skin.**



**If measuring the lengths from the hand drawing, measure the length of each finger from the web space to the desired length marked on the hand outline.**

## STEP 8 **Measuring the Length of the Thumb (Z to X)**

Measure and record the thumb length from Z to X. This measurement will vary depending on whether the glove is with a half thumb or full thumb. For a glove with a half thumb, measure from the web space to the IP joint of the thumb. If the glove is to have a full thumb, measure from the web space to the nail bed.



**Do not cover the nail bed.**

Record the length measurement in the space between the arrows on the Glove/Gauntlet Order Form.

## STEP 9 **Measuring and Recording the Lengths of the Hand (A-B, A-C, and A-C')**

Measure and record the length from the little finger web space to the thumb web (A-B).

Measure and record the length from the little finger web space to the wrist (A-C).

Measure and record the length from the little finger web space to where you want the glove to end (A-C').

These measurements can be taken from the palmar surface or from the hand drawing.



**As a guideline—the length from A-B for an adult should fall into a range of between 2.8 cm to 3.6 cm, unless the patient has an unusually large hand.**



**When a glove is worn with the sleeve, the pressure is NOT increased at the wrist because of the overlap. BSN-JOBST takes care of this aspect during production of the Elvarex garment.**



**For controlling swelling on the dorsum, a dorsal pad wrapped in Tricofix<sup>™</sup> can be used.**



**It is important to maintain the volume of the hand until the glove or gauntlet is available.**



**ALL MEASUREMENTS ARE NOW COMPLETE.**