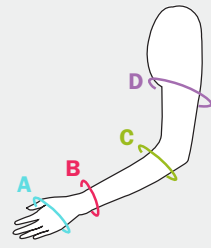


lymphedivas® FITTER'S AID

INCHES
flip for centimeters

DIRECTIONS: For each **A, B, C** and **D** measurement begin by placing the pen on the Circumference axis of any chart or charts which might give a good fit for the client. Follow along that axis until you reach the measured circumference for each point such as **B (wrist, red)**. Move up that value until you reach the line for that position (**red, wrist**). Mark that point, and read mmHg on the vertical axis. Repeat the process for the other two points on the arm. A well fit sleeve should produce the desired starting compression at the wrist and show a drop of at least 5mmHg from **B to C** and from **C to D**. Palm pressure should be equal to or 5 mmHg greater than that at the wrist. FOR MORE INFORMATION VISIT: LYMPHEDIVAS.COM/FITTERS-AID.ASP



A. PALM

- S 5⁷/₈" - 7³/₈"
- M 7¹/₂" - 8⁵/₈"
- L 8³/₄" - 10¹/₄"

C. MID-LOWER

- S 7" - 9¹/₈"
- M 9¹/₄" - 11¹/₄"
- L 11³/₈" - 13¹/₂"

B. WRIST

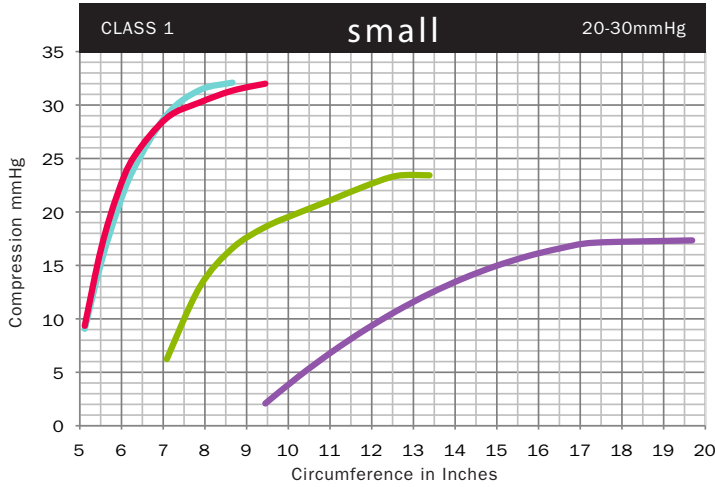
- S 6" - 7¹/₂"
- M 6¹/₂" - 8¹/₂"
- L 7¹/₂" - 9¹/₄"

D. MID-UPPER

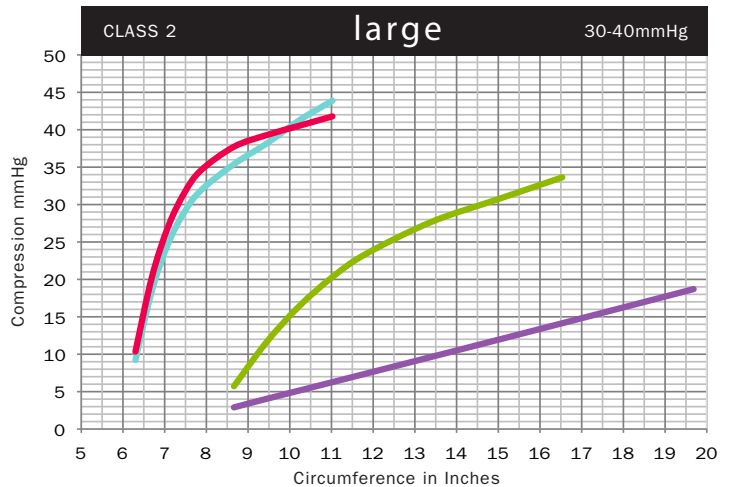
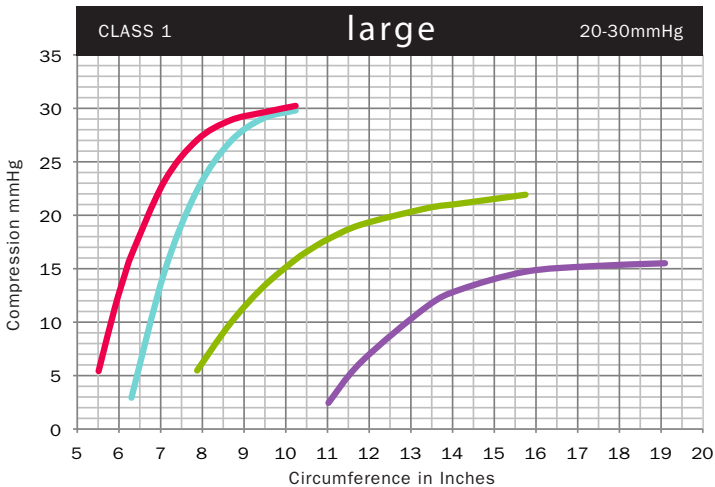
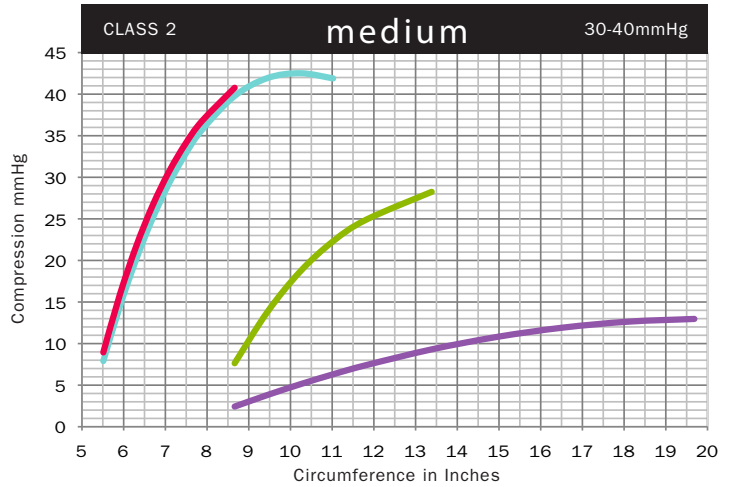
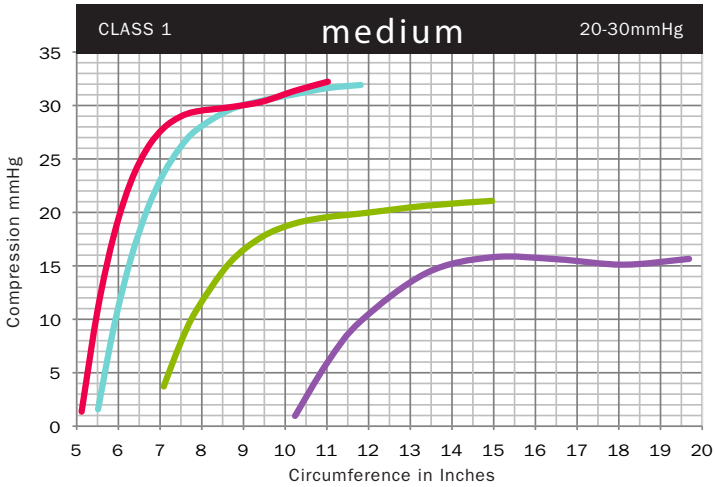
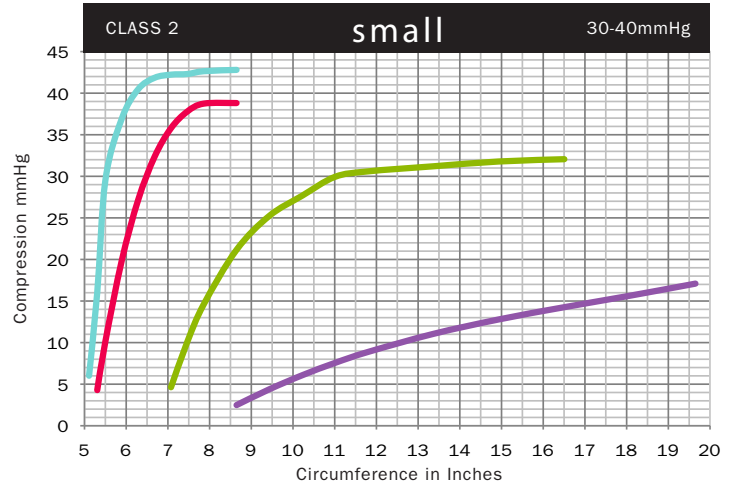
- S 8¹/₂" - 15¹/₂"
- M 10⁵/₈" - 17³/₄"
- L 12³/₄" - 19¹/₈"

LENGTH Short: 14¹/₂" - 18" Regular: 16¹/₂" - 22"

CLASS 1



CLASS 2



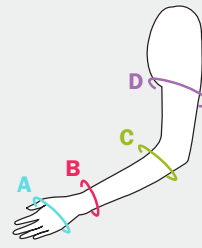
Luna Medical, Inc. · Specialists in Venous & Lymphatic Insufficiencies

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lymphedivas® FITTER'S AID

CENTIMETERS
flip for inches

DIRECTIONS: For each **A, B, C** and **D** measurement begin by placing the pen on the Circumference axis of any chart or charts which might give a good fit for the client. Follow along that axis until you reach the measured circumference for each point such as **B (wrist, red)**. Move up that value until you reach the line for that position (**red, wrist**). Mark that point, and read mmHg on the vertical axis. Repeat the process for the other two points on the arm. A well fit sleeve should produce the desired starting compression at the wrist and show a drop of at least 5mmHg from **B** to **C** and from **C** to **D**. Palm pressure should be equal to or 5 mmHg greater than that at the wrist. FOR MORE INFORMATION VISIT: LYMPHEDIVAS.COM/FITTERS-AID.ASP



A. PALM

- S** 15-18.7 cm
- M** 19-21.9 cm
- L** 22-26 cm

C. MID-LOWER

- S** 17.8-23.2 cm
- M** 23.5-28.7 cm
- L** 28.9-34.3 cm

B. WRIST

- S** 15-19 cm
- M** 16.5-21.6 cm
- L** 19-23.5 cm

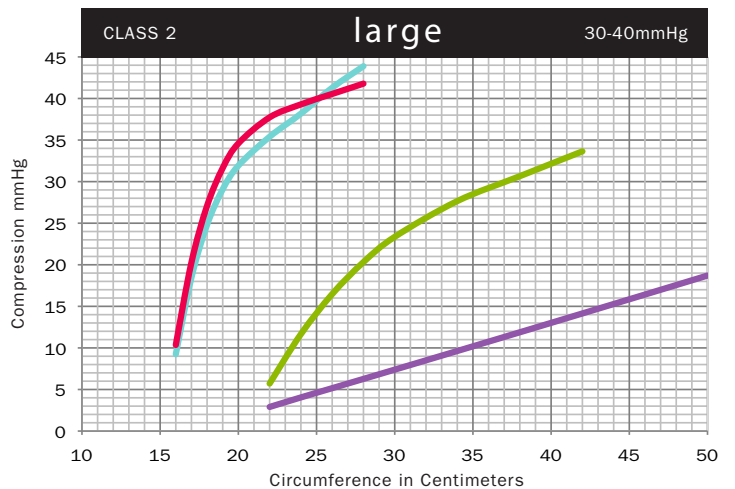
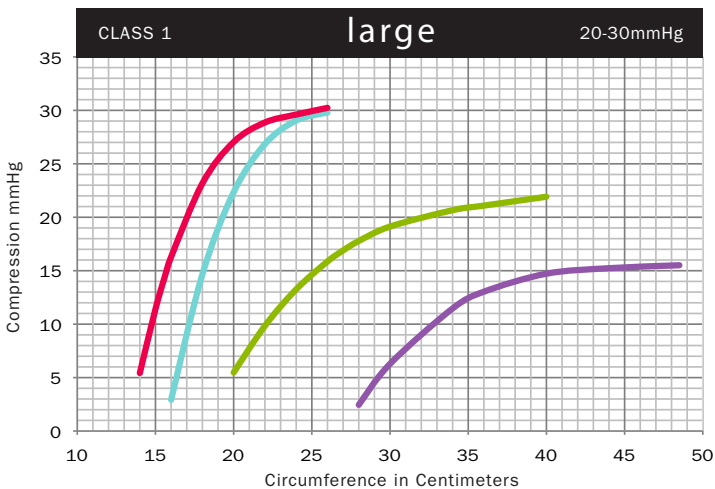
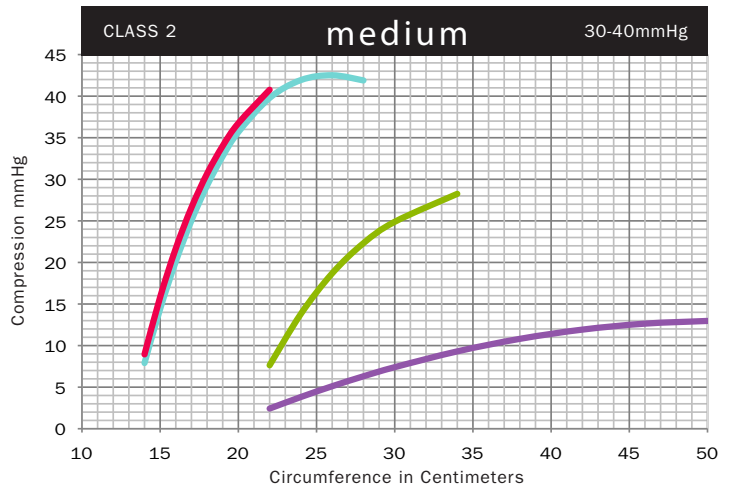
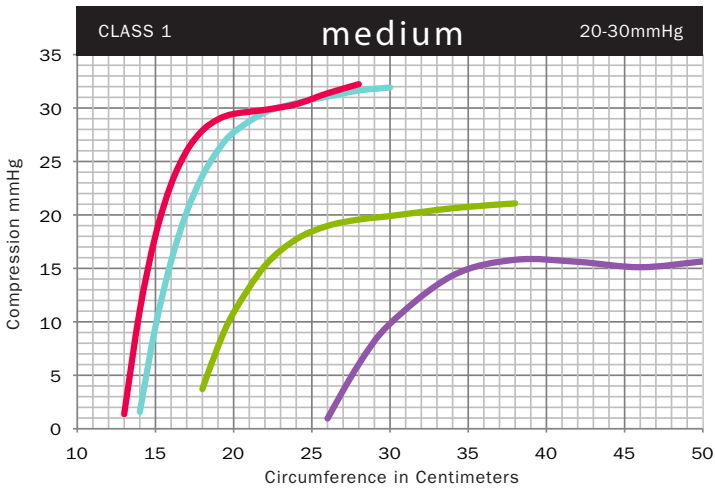
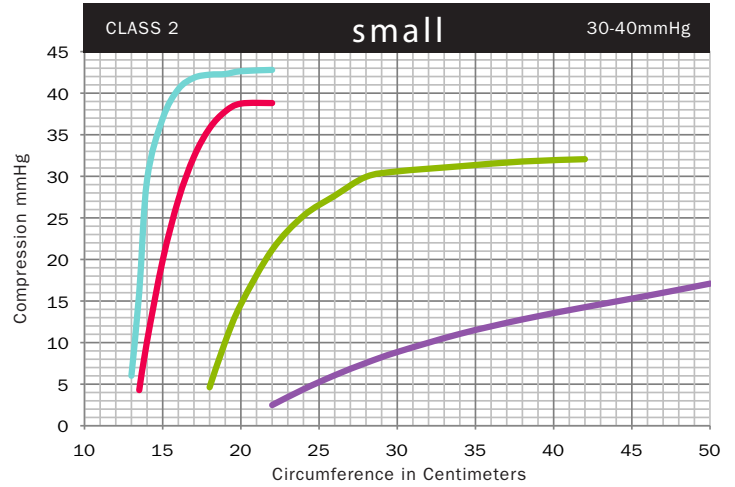
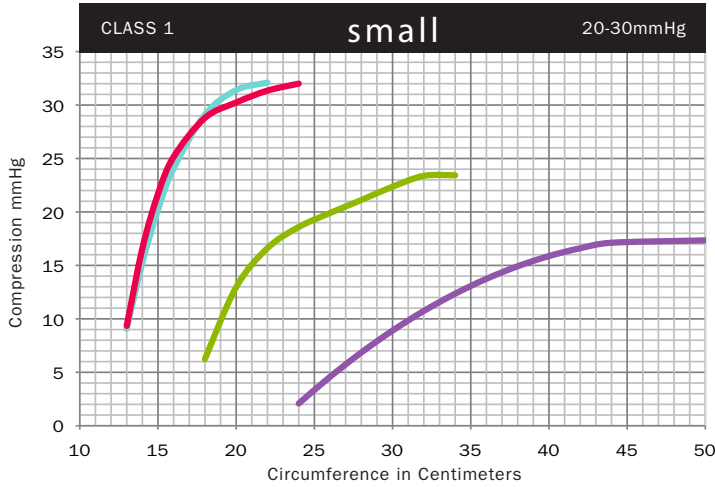
D. MID-UPPER

- S** 21.6-39.4 cm
- M** 27-45 cm
- L** 32.4-50.5 cm

LENGTH Short: 37-43cm Regular: 42-56cm

CLASS 1

CLASS 2



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lymphedivas® FITTER'S AID

USING THE LYMPHEDIVAS FITTERS' AID

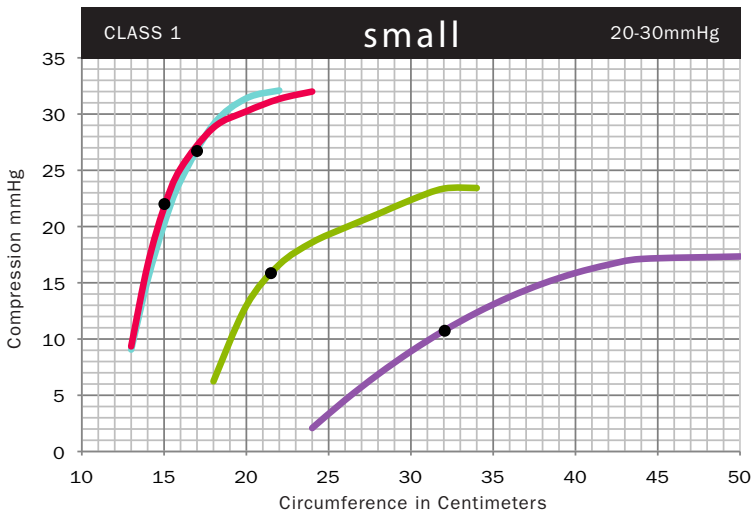
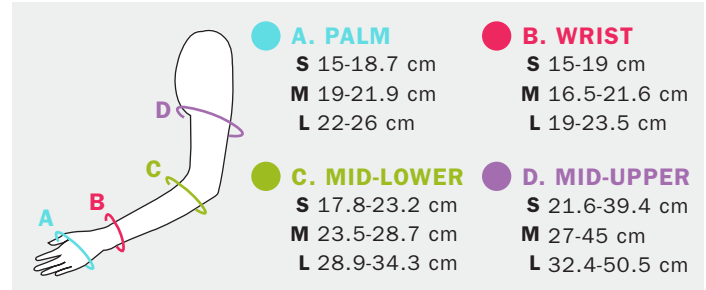
The Fitters' Aid is a new tool introduced by LymphedIVAs, LLC™ for LymphedIVAs' products to better fit those arms that measure between sizes. We hope that this tool will allow you to provide the most appropriate compression garments for both those patients whose measurements may fall between sizes as well as all your other patients.

EXAMPLE

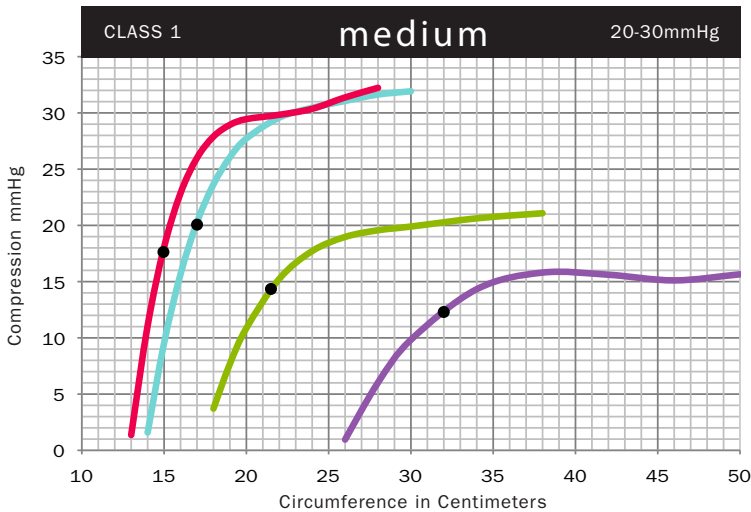
A woman requires a Class 1 (20-30mmHg) sleeve and has the following measurements: **A. Palm** 17cm, **B. Wrist** 15cm, **C. Mid Lower** 21.5cm, **D. Mid Upper** 32cm

Begin by sizing the sleeve. As you can see, the measured wrist size could be either Small or Medium. The Mid Lower is clearly a Medium while the Mid Upper could be in any of the three sizes.

How do you determine the size for this patient? The Fitters' Aid© can help you make the best decision by estimating the pressure in mmHg at the Wrist, Mid Lower and Mid Upper arm.



Let's begin with the Class 1 Small chart. To determine the pressure at the **B. Wrist**, place the tip of the pen at the bottom Circumference axis and follow the base of the chart to 15 and then move straight up to the **red wrist line** and mark the point where 15 meets the red line. This shows that the pressure at the Wrist is 22mmHg. Repeat this process to determine the pressure at the **A. Palm**, **C. Mid Lower** and **D. Mid Upper** arm. This yields 27mmHg at the Palm, 22mmHg at the Wrist, 16mmHg at the Mid Lower arm and 11mmHg at the Mid Upper. *For graduated compression, each dot should be at least 5mmHg below the next (It is recommended that the Palm to Wrist should also have this differential, but the minimum requirement for the palm is equal to or greater than that of the wrist).* In this case a Small sleeve satisfies the criteria for a good fit with the compression near the middle of the 20-30 range.



A similar exercise for the Medium sleeve can be done. When performed, you will see that the compression at the Palm is 20mmHg, the Wrist is 17.5mmHg, the Mid Lower arm is 14.5mmHg and pressure at the Mid Upper is 12.5mmHg. There are two concerns here: first, the Medium size sleeve does not provide enough compression at the wrist. Second, the pressure difference between the Wrist and Mid Lower arm is only 3mmHg, which does not meet our standards to assure enough graduated compression.

However, if the garment is for prevention and the wearer is very sensitive to compression, a medium could be a good compromise.

Despite the ambiguous assignment of size by the sizing chart, it is clear from the Fitters' Aid that the Small would be a better sleeve for mild to moderate lymphedema. However, if the sleeve is being used for prevention, and if the patient finds the small too tight, the Medium might be sufficient.

Once the choice of sleeve size and class have been chosen, the gauntlet size and class can be decided on. The shape of the palm does make the choice of a gauntlet less precise since pressures are determined based on a circular cross section and the palm is quite flat. If the small sleeve was chosen then the small gauntlet would be the appropriate choice since it would yield a pressure of 27mmHg. If the medium sleeve was chosen that

the correct choice of gauntlet would be a medium with a pressure of 20mmHg.

The Fitters' Aid provides the therapist with more choices by allowing the same set of measurements to be analyzed across several sizes and compression classes. Generally, dots should be on the flatter part of the curve as the level of pressure is more certain. The steep parts of the curve will cause a rapid change in pressure with a small change in circumference, mimicking the physics of a "stiffer" fabric.

LIMITATIONS

The Fitters' Aid should only be used as part of your normal process for fitting a patient. Using your observations of the feel of the garment and response of the patient, along with your personal experience, which remains the most important aspect of the fitting. While the numbers may look right, if the patient cannot tolerate the fit or feels it is too loose or too tight, then adjustments need to be made. Of course, if the Fitters' Aid does not help to control the process, you will also need to adjust the fit.

Due to the nature of the garment, all of our ranges are approximate. The garment is a textile and its dimensions are variable. It has variation from inch to inch and from garment to garment. In addition, arms are also not machined steel cylinders but undulating, changing and living irregular surfaces. It should be noted that all laboratory measurement are either made on perfect cylinder or calculated to be a perfect circular cylinder and assumes the pressure to be equal on all sides. No part of any arm or hand is a perfect circle in cross section. The palm is particularly oblong and the average 25 mmHg will get distributed to be possibly 45mmHg at the edges and 5-10 mmHg along the top and bottom. Therefore, when fitting palm to the wrist of an armsleeve, the match can be considered satisfactory if the pressure is greater or equal to the compression at the wrist (although it is recommended to have the 5mmHg minimum differential).

QUESTIONS

If you have questions about using the Fitter's Aid or would like to get a Fitter's Aid lesson from our team. Please call 866-411-3482 or e-mail info@lymphedivas.com.

