



Patient Last Name: _____ Patient First Name: _____
 Fitter Last Name: _____ Fitter First Name: _____
 Fitter Title: _____ (example: PT/OT/PTA)
 Date: _____

Directions for FarrowWrap® TTF Legpiece Measuring and Fitting

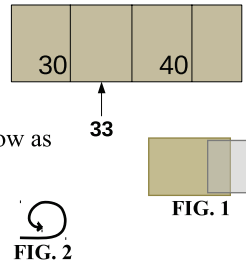
Live web-based in-services are also available. We highly recommend that you schedule an appointment for an in-service.

Measuring Instructions for LITE and STRONG Legpieces

1. Following the back of the leg, measure from **B** (least ankle) up to **D** (2 finger widths below the back knee crease). The **B-D** length must be between 27–35 cm. If the **B-D** length falls outside this range, the garment will not fit. Contact Farrow Innovations for alternatives.
 2. If measuring for a LITE legpiece go to step 3. If measuring for a STRONG legpiece, skip to step 4.
 3. For **LITE** TTF legpieces, measure and record the circumference at **B**, then up the leg every 6.5 cm until measurement **point D** is reached.
 4. For **STRONG** TTF legpieces, measure and record the circumference at **B**, then up the leg every 5 cm until measurement **point D** is reached.
- *The circumferences must within the ranges specified for each size garment. If any of the circumferences fall outside these ranges, the garment will not fit.

Trimming Instructions for LITE and STRONG Legpieces


1. Trim the bottom most band of the TTF legpiece on each side in accordance with the **B** circumference. Distances between lines are representative of 5 cm. If the circumference is between lines, estimate the distance between the 2 most appropriate lines and trim accordingly. **See illustration trimming at 33 cm.**
2. Trim the bands consecutively up the legpiece corresponding to their respective L2 – L5 circumferences.
3. The separate band can be attached, using the Velcro® tab, to the top of the spine (in back) and moved up or down the band below as needed to increase or decrease the height of the legpiece.
4. Attach the Velcro® pieces to the patient's preferred side with **exactly** half extending over the edge of the band. **FIG. 1**
5. Roll the loose end of the Velcro® back onto the same band. **FIG. 2**
6. Instruct the patient not to lose the Velcro®. Replacement Velcro® sets are available for sale through your supplier.



Fitting Instructions and Important Information

1. LITE and STRONG garments should be applied distal to proximal with ¼ overlap over the opposing bands (**not including Velcro®**). See **FIG. 3**.
2. If the patient has mild to moderate arterial disease and/or peripheral neuropathy, make sure that the prescribed compression garment is appropriate for the patient. If so, for LITE and STRONG garments after the fitter has appropriately applied the bands for the first time, place a mark with a permanent fabric marker a little beyond the applied Velcro® edge so that the patient will have a landmark when applying the garment the next time. Make sure that the patient understands they need to apply the Velcro® with **exactly** half extending over the edge of the band. **FIG. 4**



As long as the patient's leg is an inverted cone shape,  the ankle being smaller than the calf, and the garment is appropriately trimmed and applied, the LITE garments should apply 20-30mmHg and STRONG garments 30-40mmHg of gradient **resting** compression - with **higher working** compression levels provided by short stretch.

Please note that the resting compression will likely increase if the leg tries to swell as a result of the patient's leg being upright (standing or sitting positions). Advise the patient that walking and/or flexing their calf muscle will augment the calf muscle pump and help reduce any edema. If the upper leg is **significantly** larger than the ankle, all legpieces may slip down. If so, consider Farrow GarmentGrip™ as a solution to help prevent slippage. Patients with wider ankles than calves may not receive gradient resting compression levels with this garment. Bandaging by a wound care or lymphedema professional skilled in the art is advised. If the edema reduces significantly the patient will need to be remeasured and the garment(s) retrimmed corresponding to the new circumferences following the Trimming and Fitting Instructions.

If the patient's edema worsens, their health care provider should reevaluate the patient. If continuing with the garment and the patient does not have any arterial disease, peripheral neuropathy, or physical or mental impairments that would prevent them from adjusting or removing the garment, then you could consider applying the bands near maximal stretch. These garments will allow for about a 20% increase in edema; however, keep in mind that the stated compression ranges for LITE and STRONG will be less accurate when applied to a limb larger than that for which the garment was trimmed.

- It is contraindicated to use TTF legpieces on leg circumferences less than 20 cm.
- Do not mix with non Farrow Brand garments as this may increase risk to the patient and is therefore contraindicated.

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Directions for FarrowWrap® TTF Footpiece Measuring and Fitting

Live web-based in-services are also available. We highly recommend that you schedule an appointment for an in-service.

Measurement Instructions for LITE and STRONG Footpieces

1. Start by measuring the Straight Distance X (length), from the back of the heel straight along the floor to just before the bunions (the forefoot). Straight Distance X must be between 14-21 cm in length. If the patient's Straight Distance X falls outside of this range, stop here. This garment will not fit.
2. Next, measure the circumference at X, just before the bunions. The circumference at X is only guaranteed to fit between 20-30 cm, though it may be possible to fit circumferences up to 39 cm.
3. Lastly, measure the mid-foot circumference. If it is 5 or more centimeters greater than the circumference at X, stop here. This garment will not fit.
 - It is contraindicated to use this garment on foot circumferences less than 19 – 20 cm or on patients with severe arterial disease.
 - Do not mix with non Farrow Brand garments as this may increase risk to the patient and is as such contraindicated.

Trimming and Fitting Instructions

1. Trim the length of the footpiece to the Straight Distance X on the garment. The first line along the length represents 14 cm, and each consecutive line thereafter represents 1 additional cm.
2. Using the two numbers on either side of the footpiece closest to the toes, count out from that number and trim the width closest to the circumference at X on both sides of the footpiece on or parallel to the lines on each side of the footpiece. The distance between lines represents 2 cm. If the first line were 19, the next would be 21 and so forth. If only 1 cm increment is needed, cut in between and parallel to the lines. **FIG. 1** - trimming for 22 cm circumference.
3. Cut the long strip of Velcro® the same length as the straight edge you cut in step 2. Now, fold it in half and cut it in half. **FIG. 2**
4. To create the flaps for the Velcro®, fold the straight edge of the footpiece, which you just cut, on either side in half with lines facing up. Cut perpendicularly to the edge along the folded crease of the garment 2 cm deep or 3 lines. Do this on both sides. **FIG. 3**
5. Attach the Velcro® to the flaps created on patient's preferred side with half extending past the flap edge. Then fold the Velcro® back over itself onto the garment in preparation for putting it on. Make sure the patient understands that it is important they do the same. **FIG. 4**
6. **For LITE TTF footpieces**, trim ankle bands long enough so that the Velcro® can attach to the opposite side of the foot without touching any underlying Velcro®. Attach the included Velcro® pieces to both sides of the ankle band with half extending past the edge of the band. Then apply. **FIG. 5**
7. **For STRONG TTF footpieces**, to apply additional compression to the foot leave the ankle bands long. The first ankle band should be wrapped across the top of the foot to the opposite side closest to the toes, and can then be wrapped around that portion of the foot again. Affix with the Velcro®. The second ankle band should also be wrapped across to the opposite side of the foot, but closer to the ankle for additional compression to that part of the foot, or it could be used to wrap around the ankle at the discretion of the therapist. See **FIG. 6**. If no additional compression is desirable, they can be trimmed and applied as in step 6.
8. Instruct the patient not to lose the Velcro®. Replacement Velcro® sets are available for sale through your supplier.

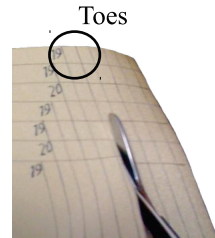


FIG. 1



FIG. 2



FIG. 3



FIG. 4



FIG. 5



FIG. 6

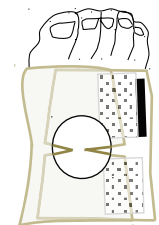


FIG. 7

Notes for TTF Footpieces

- When properly trimmed and applied, the LITE garment should provide 20-30 mmHg resting compression, and the STRONG 30-40 mmHg resting compression. (Working compression levels may be higher.)
- If the patient has mild to moderate arterial disease and/or peripheral neuropathy, STRONG is NOT recommended. LITE may be considered, but make sure it is appropriately trimmed and applied, with no more than 1 cm of overlap at the base of the slits. See figure to the right. Once you are sure that the footpiece has been appropriately applied (not too tight), then place a mark with a permanent fabric marker a little beyond the applied Velcro® so that the patient will have a landmark when applying the garment the next time. Make sure the patient understands it is important that the Velcro® is halfway off the edge of the flap. **FIG. 7**
- If the patient's edema reduces significantly, the patient will need to be remeasured and the footpiece retrimmed corresponding to the new circumferences following the steps outlined above. If a mark was placed on the fabric previously as a guide, a new mark placed with a permanent fabric marker will need to be provided. This is especially critical for patients with any arterial disease and/or peripheral neuropathy.
- If the patient's edema worsens, their health care provider should reevaluate the patient. If continuing with the garment, apply the bands near maximal stretch. The garment will allow for some increase in edema; however, keep in mind that the extra stretch will likely increase the compression level, and so great care should be exercised when doing so on patients with arterial disease, peripheral neuropathy, or physical or mental impairment that would prevent them from adjusting the footpiece or communicating discomfort to the care giver.

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