



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

FarrowWrap® LITE TTF Armpiece

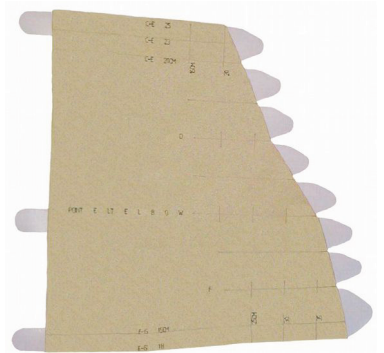
If you are a healthcare provider, live web-based in-services are available. We highly recommend that you schedule an appointment for an in-service.

Measuring Instructions

1. Obtain the following measurements: C-E, E-G (lengths), and circumferences at C, D, E, F, and G and record these on the form. Match measurements to the table on the measurement form. If any of the measurements fall outside of the ranges specified, stop here. The garment will not fit.

Trimming and Fitting Instructions

1. Trim the length of the garment at the C-E and E-G lines closest to the respective measurement. Once trimmed, the C-E line closest to the wrist will become the C circumference and the E-G line closest to the shoulder will become the G circumference.
2. Next, mark with a pen or pencil a dot on the garment the circumference measurements at C, D, E, F, and G.
3. Cut a **straight line** between each pair of dots you made in step 2. There should be 4 cuts (C-D, D-E, E-F, and F-G). **DO NOT STAIR STEP** the cuts.
4. Next to create the flaps for the Velcro®, from the edge of the garment cut along each line 3.5 cm. The flap closest to wrist could be as narrow as 2.5 cm. The flap closest to the armpit should not be cut any narrower than 5 cm. It may be necessary to combine the second to last flap with the last flap to create a single 7.5 cm wide flap.
5. Apply the correct sized Velcro® pieces for each respective flap leaving half sticking off the edge of the flap.
6. Roll each piece of Velcro® back on itself.
7. Along the opposite side, apply 3 symmetrically shaped pieces of Velcro®, one on the side closest to the arm pit, one on the side closest to the wrist, and one near the center where it will be just a little above the elbow crease. Leave half sticking off the edge. See figure of trimmed garment prepared for donning.
 - It is contraindicated to use this garment on wrist circumferences less than 15 cm or on patients with severe arterial disease.
 - Instruct the patient not to lose the Velcro®. We do sell replacement Velcro® sets.



When properly trimmed and applied and as long as the patient's arm is wider near the shoulder and narrower near the wrist, the patient should receive gradient resting compression between 20-30mmHg. (Working compression levels may be higher.) If the upper arm is significantly larger than the elbow, the garment may slip down. If so, consider Farrow GarmentGrip™ as a solution to help prevent slippage. Patients with wider wrists or forearms than upper arms 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 patient has wrist circumference between 15-20 cm and has arterial disease that affects the arms, make sure that the prescribed compression garment is appropriate for the patient. If so, after applying the bands with exactly 2.5 cm (1 inch) of overlap at the slit, consider placing 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.



Please note that the resting compression may increase if the patient's arm swells while the garment is applied. Advise the patient that moving their arm will help augment the arm's muscle pump and help reduce any edema.

If the patient's edema reduces significantly, the patient will need to be remeasured and the garment retrimmed corresponding to the new circumferences following steps 2-7. 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 affecting the arms.

If the patient's edema worsens, their health care provider may need to reevaluate the patient. If continuing with the garment, apply the garment near maximal stretch. So applied, the garment will fit a slightly larger arm, but 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 and/or peripheral neuropathy affecting the arm.

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