

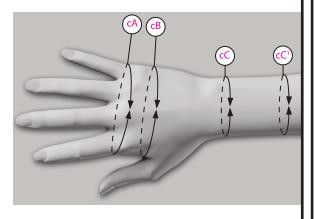
INSTRUCTIONS FOR MEASURING MEDI ARM SLEEVES AND HAND GLOVES/GAUNTLETS



Compression garments with seams should not be measured until the best possible decongestion effort has been achieved. Circumference and length measurements are taken in a distal to proximal sequence. It is essential to mark the measuring points on the arm so that the circumference and length measurements are taken at the same point.

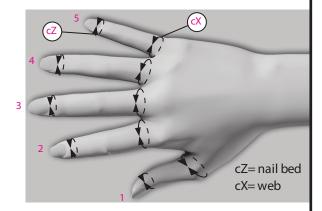
1 Hand circumferences

- a Hand should be pressed lightly on the table, splayed, palm down
- **b** Measure circumference
- c Mark the measuring points on the inside of the hand



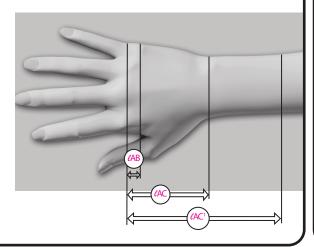
2 Finger circumferences

- a Hand is resting lightly on a surface with the palm down
- b Measure circumference of cX at the finger web
- c cZ is measured at the nail bed
- d Mark the measuring points for length measurement on the inside of the hand



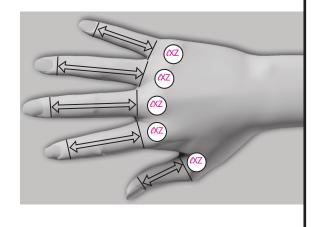
3 Hand lengths

- a Hand is resting lightly on a surface with the palm facing up
- **b** Length is measured from mark to mark



4 Finger lengths

- a Hand is resting lightly on a surface with the palm of the hand facing up
- **b** Length is measured from mark to mark





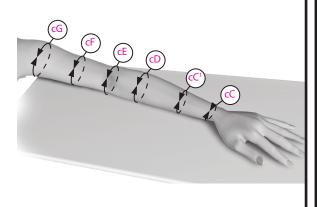
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The amount of tension applied must be determined by a person experienced in bandaging techniques and depends on the edema and tissue characteristics, sensitivity to pain, fibrosis, location of the edema, mobility and strength of the patient.

5 Arm circumferences

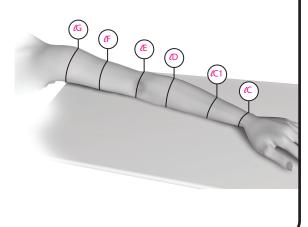
- a Place the hand and arm lightly on a surface
- b Mark the measuring points for circumference measurement
- c Measure circumferences as shown in the drawing



6 Arm lengths

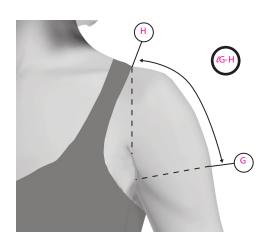
- a Lightly rest hand and forearm on a surface.

 Arm is extended to its maximum.
- b Measure lengths from IC to IC1, IC to ID and so on to IG in a line extending back from the groove between the thumb and index finger to the anterior axillary fold, from mark to mark.



7 Upper arm circumference

- a For the shoulder cap, measure from point G to H (acromium process), or where the bra strap sits
- b Do not measure past point H

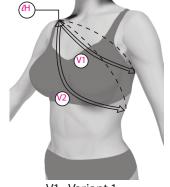


8 Attachment

a Shoulder strap

The length of the shoulder strap is

The length of the shoulder strap is measured according to method V1 and V2 (full circumference)



V1= Variant 1 V2= Variant 2

b Anatomical shoulder caps are measured from the anterior to the posterior axillary fold

