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
INSTRUCTIONS FOR MEASURING MEDI ARM SLEEVES AND HAND GLOVES/GAUNTLETS

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 measured according to method V1 and V2 (full circumference)
   b. Anatomical shoulder caps are measured from the anterior to the posterior axillary fold

V1= Variant 1
V2= Variant 2