INSTRUCTIONS FOR MEASURING MEDI LEG STOCKINGS

- Compression stockings 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 leg so that the circumference and length measurements are taken at the same point.
- 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.

1. **Foot circumference**
   - Take measurement when patient is weight-bearing
   - Measure circumference for either oblique or straight endings

2. **Leg circumferences**
   - Measure circumference standing if possible
   - Mark the measuring points
   - For circumference cY, cB & cB1, bring the foot to the 90° position (or greater flexion)
   - Support any tissue possible while taking measurements
   - For circumference measurement cE, the knee must be slightly flexed (OK to take supine)

3. **Leg Lengths**
   - Measure circumference standing if possible
   - Hold foot in 90° position and take each length measurement
   - Always measure along the contour of leg, on medial aspect. Support tissue while measuring over it. If edema is more pronounced on lateral (outside), take measurements laterally.
4 **Foot length - open toe/oblique border**

Measure the lengths on the inside and outside of weight-bearing foot.

5 **Foot length - closed toe/oblique border**

Measure the lengths on the inside, outside, and entire foot.

6 **E1 knitting mark length**

Measure length from center of popliteal crease to floor (straight line)

**NOTE:** E1 length must be shorter than E length from # 3
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### 7 Border on thigh

a. Measure circumference $c_G$ at the widest part on the thigh/below crotch  
b. Measure length $l_G$ along the leg with patient standing up, close to crotch  
c. Measure $dK_2$ from ground to gluteal fold along body with patient standing up  
   (posterior leg length)  
d. Measure $dK_1$ from ground to pubic symphysis along body with patient standing up  
   (anterior leg length)  
   (difference between $dK_1$ and $dK_2$ = high front / low back)

### 8 Waist/hip circumference/length

a. Measure circumference $c_K$ with patient standing up at the widest section around both thighs below the gluteal fold  
b. Measure circumference $c_H$ with patient standing up at the widest section of the hips  
c. Measure circumference $c_T$ with patient standing up at the waist or the desired height  
d. Measure length $l_H$ along body up to desired height  
e. Measure length $l_T$ along body up to desired height

### 9 Waist/hip lengths

a. Measure anterior pelvic height $dK_{1T}$ along body from crotch (pubic symphysis) to waist or desired height  
b. Measure posterior pelvic height $dK_{2T}$ along body from gluteal fold to waist or desired height