

MEASURING GUIDELINES FOR ARM SLEEVES AND GARMENTS

www.lunamedical.com click the **MEASURING** tab to access **measuring videos**
MEASURING TOOLS available flexi-card, retractable tape and finger digit tape



We're so swell —
you don't have to be.
Compression wear it counts.

MARK THE MEASUREMENT POINTS (MEASURE IN CENTIMETERS) PATIENT SITS WITH ARM SLIGHTLY ANGLED WITH PALM OF THE HAND FACING UPWARDS ON THE TABLE



- 1 - Mark measurement point C, located at the bend of the wrist (distal flexion crease).
- 2 - Mark point C1, typically 6 cm. proximal from measurement C (C-C1).
- 3 - Mark point D, located in the largest girth point of the forearm. The middle third between C and E. (For example, if C-E length is 30 cm., the C-D length would be 20 cm., making the mark point for D at 20 cm.)
- 4 - Mark point E, crease of the elbow
- 5 - Mark point F, located in the middle of the upper arm.
- 6 - Mark point G, located at the axilla. Tip: This point is easiest to determine by inserting the flexi-card or folded piece of paper into the armpit and bending it at a right angle around the upper arm.

CIRCUMFERENCES



- 7 - The C measurement is taken above the ulna styloid process. Measure with no tension to prevent edema formation in the hand.
- 8 - The C1 measurement is taken with no tension.
- 9 - The D measurement can be measured with slight tension, depending on the degree of edema.
- 10 - The E measurement is taken over the elbow with elbow bent at 45 degrees. Measure without tension. Tip: if there is edema above the crease of the elbow, measure slightly above the elbow crease.
- 11 - The F measurement is taken with tension. This is the anchor for the garment. Tip: if there is loose, sagging skin, it is helpful to use saran wrap around the extremity for accurate length & circumference measurements.
- 12 - The G measurement is taken without tension.

LENGTH MEASUREMENTS



- 13-17 – Determine lengths C-C1, C-D, C-E, C-F, C-G. Tip: determine C-F by pressing down tape measure at the angle of the elbow.