

## MEASURING GUIDELINES FOR HAND GLOVES



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**MEASURING TOOLS** available flexi-card, retractable tape and finger digit tape



- 1 – Mark point A on the inner and outer edge of the hand at the level of the little finger and index finger web spaces.
- 2 – Mark point B on the palm of the hand at the level of the web of the thumb perpendicular to the axis of the hand.  
Tip: use a Flexi-card at a right angle to the web space of the thumb and across hand.
- 3 – Mark point C, located at the bend of the wrist (distal flexion crease).
- 4 – Mark point C1, typically 6 cm. proximal from measurement C (C-C1).  
Tip: if edema and/or fibrosis is significant in the forearm, extending the glove beyond C1 to D is helpful.

### CIRCUMFERENCES



- 5 - Measure A with hand laid flat and fingers relaxed. With hand rigidly supported, place tape measure along the MCP joints
- 6 – Measure B with hand laid flat and fingers relaxed. With hand rigidly supported, measure straight over the metacarpus through the webbing of the thumb.
- 7 – Measure C above the ulna process. Measure with no tension to prevent edema formation in hand.
- 8 – Measure C1 with no tension.

### LENGTH MEASUREMENTS AND CIRCUMFERENCES



- 9 to 11 – Measure A-B, A-C, A-C1 on the inside surface of the arm and hand.
- 12 to 16 – Measure finger lengths from X (web space) to Z (nail bed). Measure the shortest length from the webbing X to Z.  
Tip: Use flexi-card placed in the web to determine the X-Z finger lengths.
- 17 to 27 - Measure X and Z circumferences to the nearest mm and without tension. For the thumb, measure X around the MCP joint. All other X measurements will be at the base of fingers. Tip: Use a finger digit tape.