

## MEASURING GUIDELINES FOR LEG STOCKINGS AND GARMENTS



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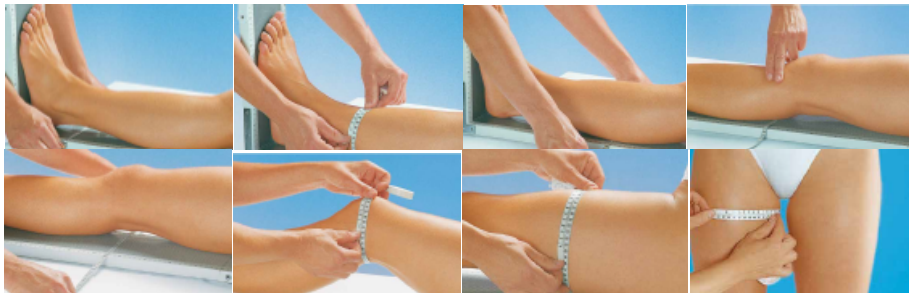
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**MEASURING TOOLS** available flexi-card, retractable tape, digit tape

### MEASURE IN CENTIMETERS



- 1 - Open toe, straight edge (distance from heel to webbing of little toe); Lateral Length A  
Open toe, slant edge (distance from heel to webbing of little toe = Lateral Length A & heel to webbing of large toe = Medial Length Z  
Closed toe (distance from heel to longest toe) = Medial Length Z
- 2 - Measurement Point cA is taken along the MCP joints
- 3 - Measurement cY is taken over the heel and instep in dorsiflexion (i.e. tendons flexed). Measure with no tension. Tip: If there is a pronounced amount of edema above the crease of the ankle, measure slightly proximal to account for this.

### LENGTH MEASUREMENTS ARE TAKEN ALONG THE INSIDE OF THE LEG (NOT ALONG THE CONTOURS OF THE EXTREMITY) ALL LENGTH MEASUREMENTS ARE TAKEN FROM THE SOLE OF THE FOOT TO THE DESIRED MEASUREMENT POINT



- 4 - Length A-B is taken from the sole of the foot to above the ankle bone; the smallest ankle. Tip: length is typically 8-10 cm. Measure circumference B with tension, if indicated (i.e. edema).
- 5 - Length A-B1 is taken to the calf transition (base of the calf). Measure circumference B1 with tension, if indicated (i.e. edema).
- 6 - Length A-C is taken to the widest part of the calf. Circumference C should be taken with tension.
- 7 - Length A-D is taken to the head of the fibula; approximately 2 finger widths below the patella (knee). Do not measure circumference D with tension if your measuring for a calf stocking.
- 8 - Length A-E is taken to the middle of the patella (knee). Circumference E is taken with the leg bent at a 30-45 degrees angle. Do not measure with tension. Tip: In cases of large circumferences proximal to the knee, take this measurement proximal to the patella.
- 9 - Length A-F is taken to the middle of the thigh. Circumference F should be taken under firm tension.
- 10 - Length A-G is taken to below the transverse gluteal fold with patient standing. You are facing the back of the patient. Circumference G is the widest circumference, below the gluteal fold.

### FOR PANTYHOSE, CAPRI AND BOXERS



- 11 - Length A-K is taken from the sole of the foot to the crotch. You are facing the front of the patient.
- 12 - Length A-H is taken to the widest point of the pelvis. Circumference H should be taken with tension.
- 13 - Length A-T is taken to torso (waist) or desired height of stocking. Tip: Make sure you extend your garment high enough for patients (i.e. proximal from the navel where there is some sort of waist line to keep the garment from slipping). Circumference T is generally measured with no tension.
- 14 - Length K1-T is taken from the T landmark (desired waist level) to the crotch. You are facing the front of the patient.
- 15 - Length K2-T is taken from the T landmark to the back, over the buttocks to the gluteal fold.