

sigvaris



Measuring guide flat knit

HOW TO MEASURE OPTIFORM FEEL

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Basics in measuring

- **Gloves** and **gauntlets** are made according to **skin measurements** (without traction).
- **Sleeves** are made according to **lymphological measurements** (with traction).
- Measurements on the arm are given in 5 mm steps (12.0 cm, 12.5 cm, etc.).
- Mass on the fingers is measured to the millimetre (4.3 cm, 6.2 cm, etc.).
- Hand position: place fingers loosely on the table – do not spread them too much.
- Arm position: Arm in functional position (slightly bent 45°).

Basics in measuring

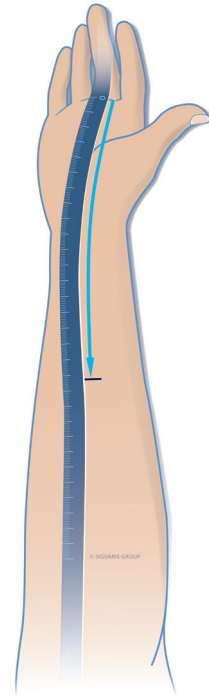
Length measurement:

- Allow the arm to rest on a support in the functional position (slightly bent at 45°).
- The length measurement with and without participation of the hand differs slightly.
- Circumference & length measuring points can be different for the following positions: c_A & l_A / c_C & l_C / c_E & l_E .

Basics in measuring

Length measurement with participation of hand:

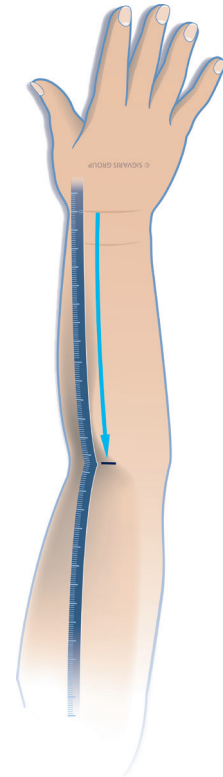
- Allow the arm to rest on a support in the functional position (slightly bent at 45°).
- Length measurement starts on the palm above measuring point A (middle finger crease).
- Measure the length from A (middle finger crease) to the desired end of the garment following the contour of the hand and arm.



Basics in measuring

Length measurement arm (without participation of hand):

- Let the arm rest on a support in the functional position (slightly bent at 45°) with the palm facing down.
- Length measurement of the arm starts at measuring point C.
- Measure the length from C to the desired end of the garment following the contour of the arm on the inside (thumb side) of the arm.



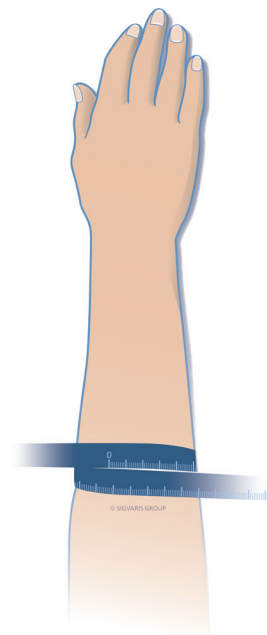
Basics in measuring

Circumferential measurement:

Phlebological measurement = skin measurement

Lymphological measurement:

- Light traction = Circumference reduction by lifting the edema/tissue using a measuring tape
 - Firm traction = Circumference reduction by lifting the extremity with measuring tape (own weight)
-
- Take circumference measurement when arm is in functional position (slightly bent at 45°).

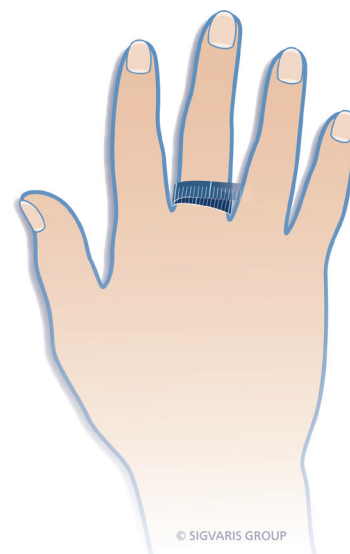


Measuring point cX

Proximal finger circumference measurement at the base of the fingers, directly above the webbed skin. Measure each finger individually without traction and to the nearest millimeter.

Important:

Do not push down the webbed skin.



Measuring point cZ

Measure the distal circumference of the finger at the level of the nail bed or at the position where the garment should end. Applies for open and closed fingers. Measure each finger individually without traction and to the nearest millimeter.

Important:

In case of arthrosis (thickening of the joints), measurement must be taken across the joint. If the circumference cZ is greater than cX, the circumference cX must be adjusted to cZ ($cZ=cX$).



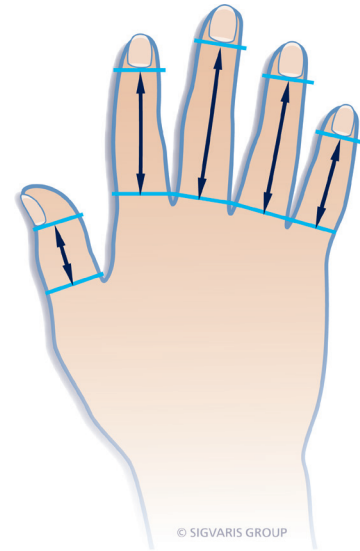
Measuring point l_{ZX}

Measure from the base of the webbed skin (X) to the nail bed (Z) of the finger or to the desired end. Measure each finger individually and to the nearest millimeter.

Minimum length l_{ZX} is 1.5 cm.

Exception:

With closed fingers, measure to the end of the finger (in case of protruding nails until end of nail).

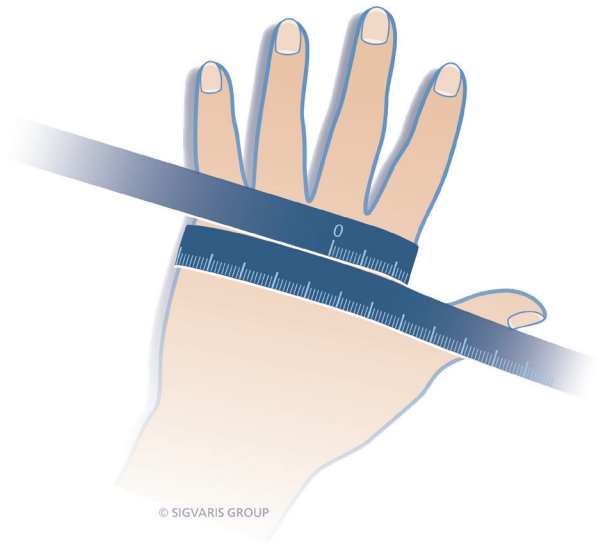


Measuring point cA

Apply the measuring tape in the course from the base joint of the little finger to the base joint of the index finger. The measuring tape runs at the level of the knuckles. Apply light pressure of the patient's hand to the surface below. Finger position slightly spread → neutral zero position. Measure without traction.

Note:

The course of the measuring tape is anatomically slanted.



Measuring point cB

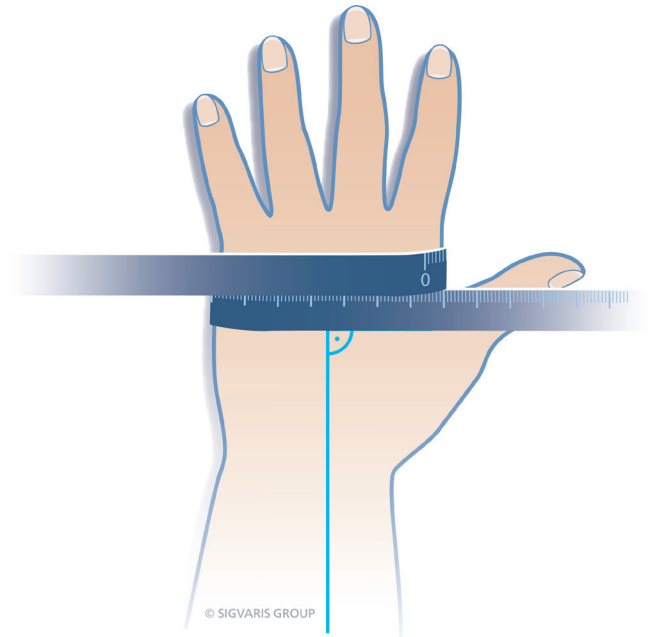
Place measuring tape straight at the base of the thumb above the webbed skin and measure perpendicular to the arm (**not** parallel to cA). Apply light pressure of the patient's hand to the surface below. Finger position slightly spread → neutral zero position. Measure without traction.

Important:

Do not push down the webbed skin.

Hint:

Mark measuring point B on the outside and inside of the hand for measuring ℓ_{AB} outside and ℓ_{AB} inside.



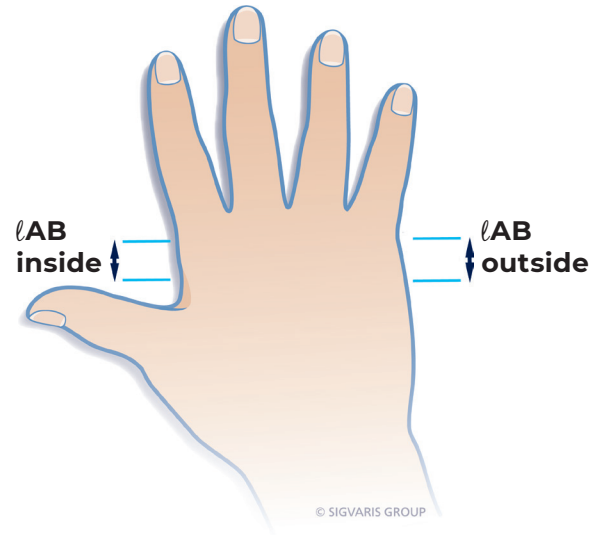
Measuring points l_{AB} inside & l_{AB} outside

l_{AB} inside:

Measure from the lateral marking point cB on the inside of the hand up to the level of the base of the finger (crease of the index finger).

l_{AB} outside:

Measure from the lateral marking point cB on the outside of the hand to the level of the base of the finger (crease of little finger).



Measuring point cC

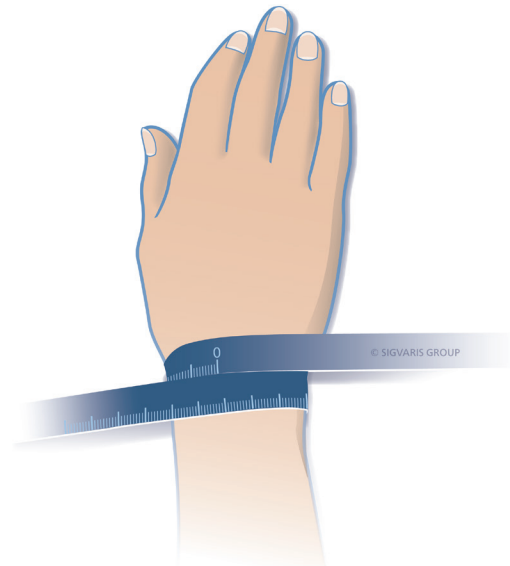
Measure at the narrowest point of the wrist (starting point of the garment for models C-E and C-G) without traction.

Exception:

In the case of a pronounced wrist joint (and thus higher circumference), circumference is measured across the joint.

Important:

For fingerling with fastening/attachment, cC must be specified.



Measuring point cC1

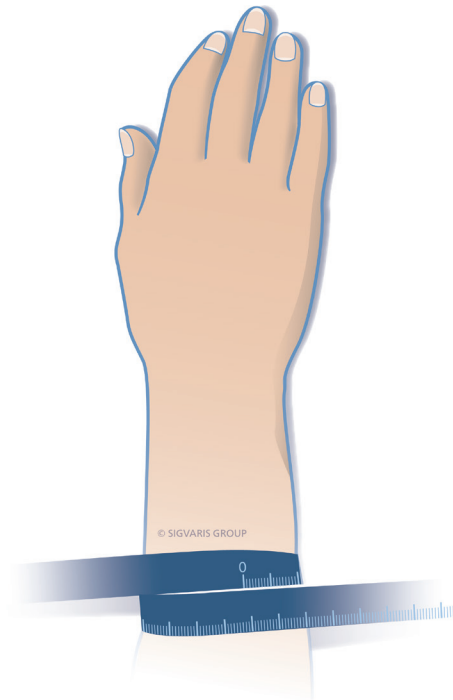
Measure the circumference straight in the first third between C and E, approx. 7 cm proximal to the C measurement.

Important:

Without traction in case of glove / hand piece / as ending.

With lymphological measurement in case of arm stocking.

End C1 for glove does not have to be exactly at the same height as for an arm stocking.

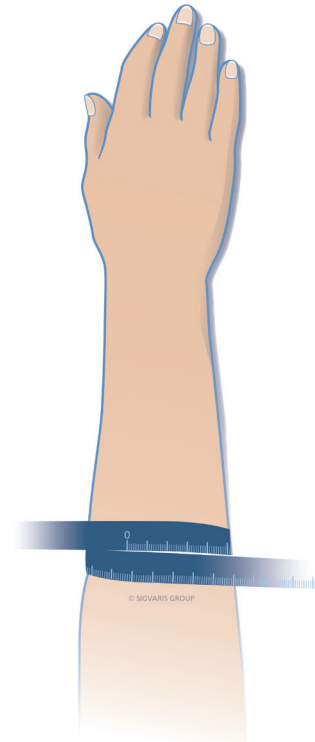


Measuring point cD

In the second third between C and E.
Strongest circumference of the forearm.

Important:

Without traction in case of glove / hand piece.
With lymphological measurement
in case of arm stocking.

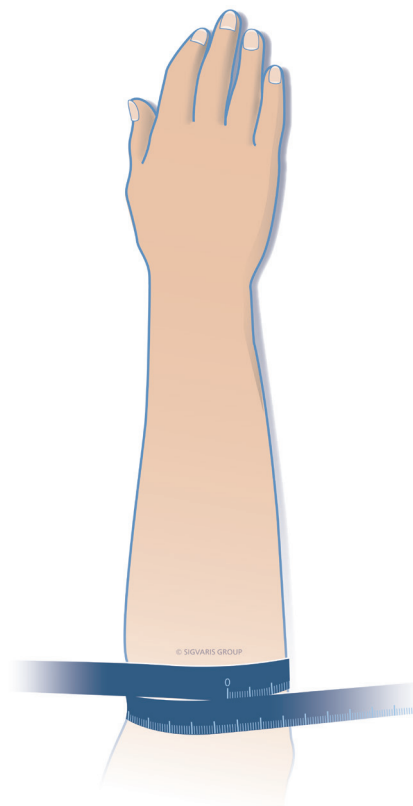


Measuring point cE (end point)

Place the measuring tape in the bend of the elbow and measure circularly without traction. The forearm should rest firmly on the surface.

cE as end point:

Measure perpendicular to the bend of the elbow below the elbow joint.
Measure of endpoint without traction.

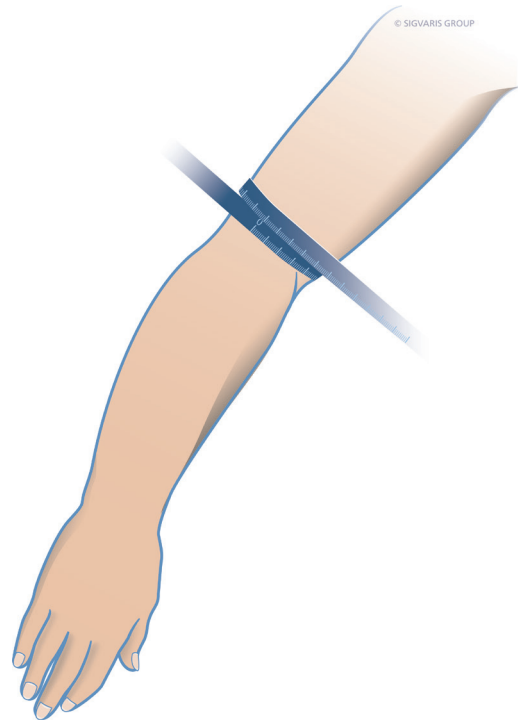


Measuring point cE (garment up to G)

Place measuring tape in bend of elbow and measure circularly without traction. The forearm should rest firmly on the surface.

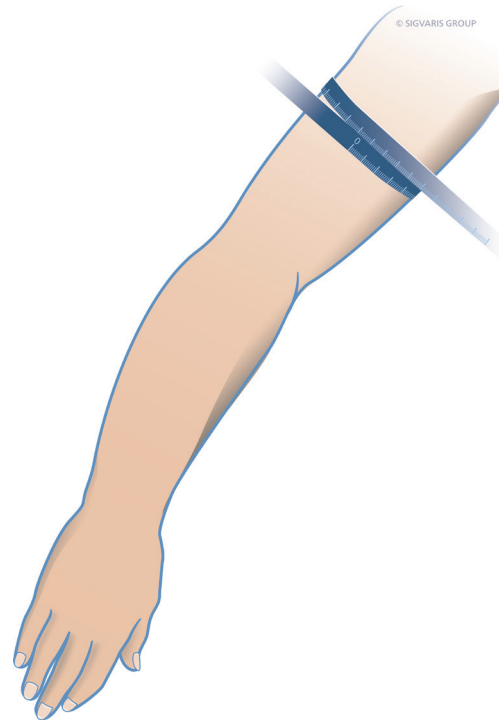
cE with garment up to G:

Measure perpendicular to the axis of the upper arm at the bend of the elbow with lymphatic traction.



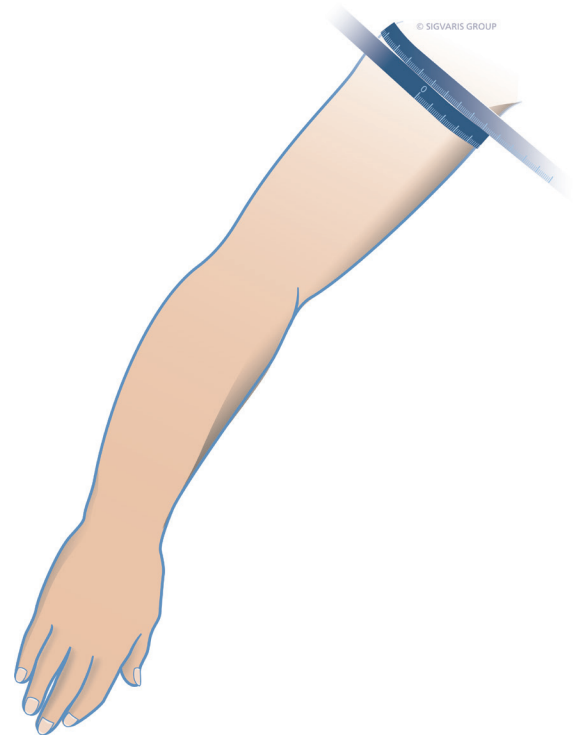
Measuring point cF

Measure in the middle of the upper arm (midway between E and G) with lymphatic traction.



Measuring point cG

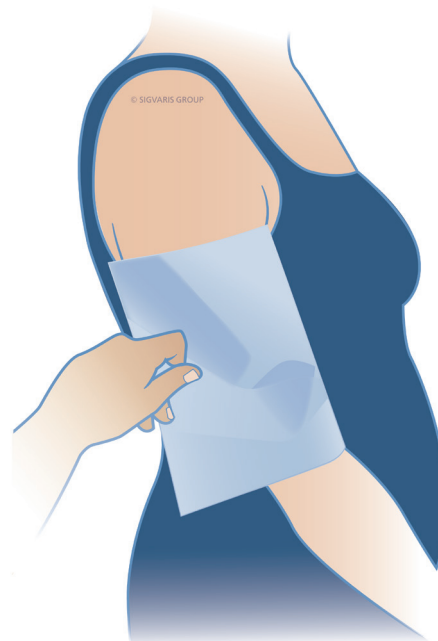
Measure circumference of the upper arm 2 cm distal to the armpit, in a right angle to upper arm axis without traction.



Finding measuring point G

(for bolero, bra-attachment, shoulder strap)

Clamp a sheet of paper in the armpit and place it around the upper arm. Measure point G lies above the edge of the paper.

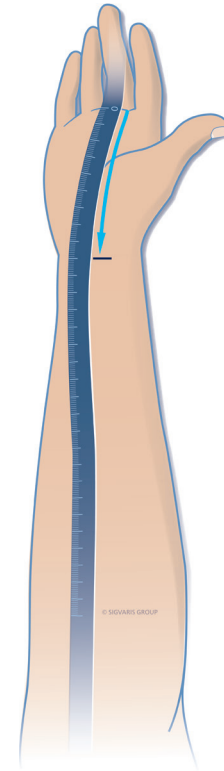


Measuring point l_{AC}

On the centre of the palm, measure straight from above the measuring point A (middle finger crease) to C. Follow the contour of the hand. Reference point cC is the narrowest part of the wrist.

Important:

For the fingerling with fastening, the measurement l_{AC} (length to wrist) must be given for the finger in question. It is measured on the inside of the hand, from the crease of the finger in question, straight (not diagonally) down to the measuring point cC.

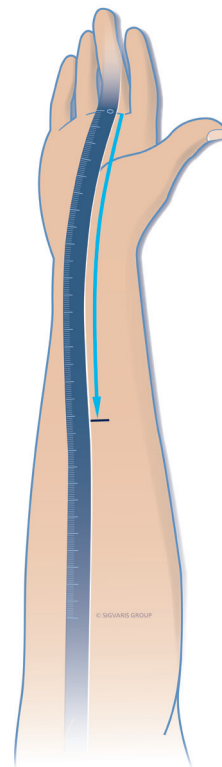


Measuring point l_{AC1}

On the centre of the palm, measure straight from above the measuring point A (middle finger crease) to C1. Follow the contour of the hand and arm.

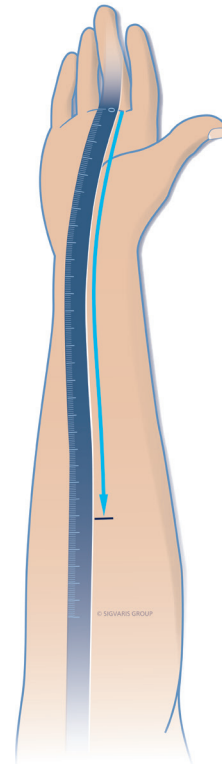
Hint:

End C1 for glove does not have to be exactly at the same height as for an arm stocking.



Measuring point l_{AD}

On the centre of the palm, measure straight from above the measuring point A (middle finger crease) to D. Follow the contour of the hand and arm.

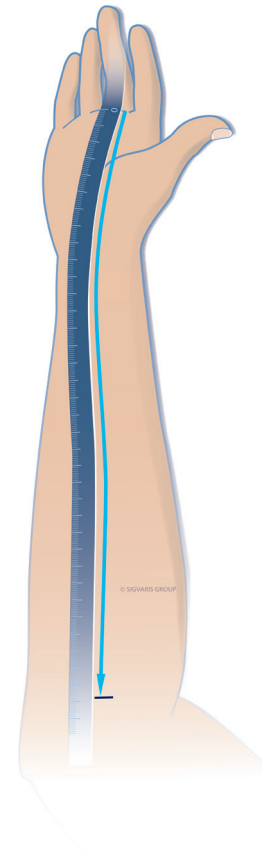


Measuring point ℓ_{AE}

On the centre of the palm, measure straight from above the measuring point A (middle finger crease) to E. Follow the contour of the hand and arm.

Hint:

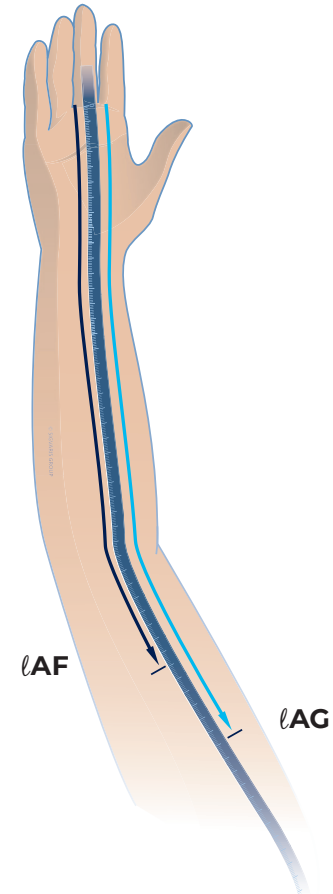
For models A-E, ℓ_E is measured where the fitting should end (either elbow bend or 1 cm distal to the elbow bend).
For models A-G, measure at the bend of the elbow.



Measuring points l_{AF} & l_{AG}

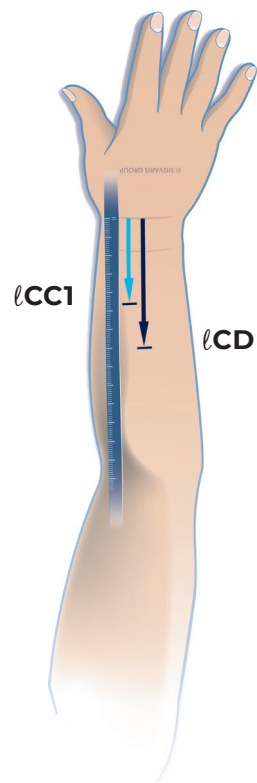
On the centre of the palm, measure straight from above the measuring point A (middle finger fold) to F (in the middle of the upper arm between E and G). Follow the contour of the hand and arm.

Measure l_{AG} analogously from A to measuring point G (2 cm distal of armpit).



Measuring points l_{CC1} & l_{CD}

Measure on the inside of the arm (thumb side) straight from measuring point C (narrowest point on the wrist) to C1 and D.

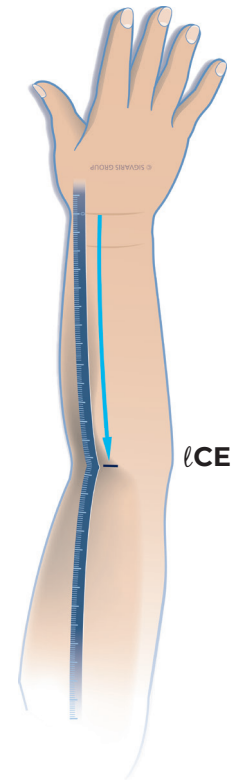


Measuring point l_{CE}

Mark measuring point E at height c_E , in the bend of the elbow. Measure l_{CE} on the inside of the slightly bent (45°) arm starting from C.

Hint:

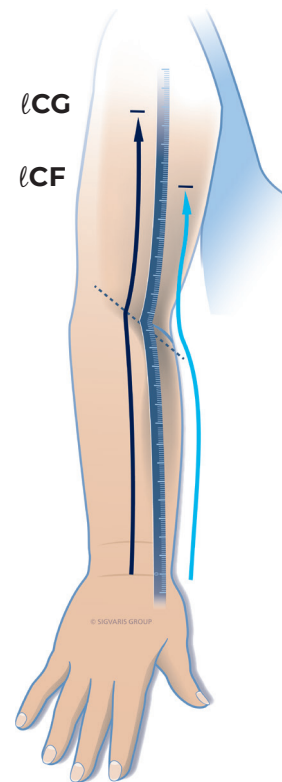
For model C-E, l_E is measured where the garment should end (either elbow bend or 1 cm distal to the elbow bend). For model C-G, measurement is taken at the elbow bend.



Measuring points l_{CF} & l_{CG}

Measure from measuring point C to F (in the middle of the upper arm between E and G). Arm is in functional position (slightly bent at 45°). Measuring tape follows the contour of the arm.

Measure l_{CG} analogously from C to measuring point G (2 cm distal of armpit).



Measuring point lGH

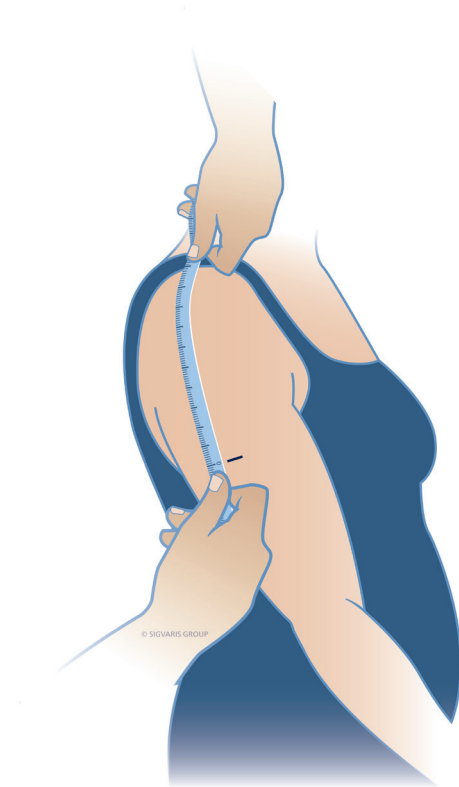
For the measuring points lGH , lHH and back width, let the patient's shoulders and arms hang loosely.

Measure from G to H (center of bra strap) following the contour of the shoulder.

Finding measuring point G: see page 21.

Hint:

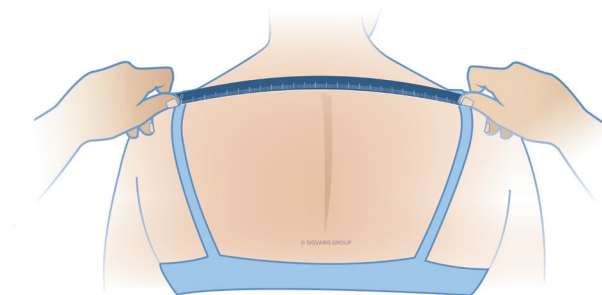
This measurement is only needed for models with shoulder cap (bolero, shoulder strap or bra-attachment).



Measuring point l_{HH}

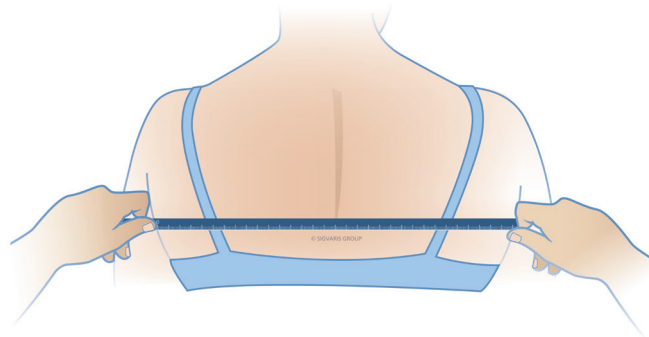
l_{HH} :

Measure along the back from center bra strap to center bra strap.



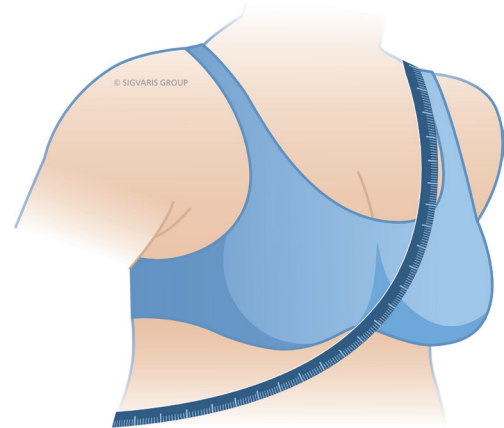
Back width:

With loosely hanging arms, measure from arm to arm at the height of the G-measure.



Measuring for shoulder strap

Measure length of shoulder strap circularly → measure from measuring point H across the chest to the waist (usually the narrowest point).



Multi-part garments

In the area of the overlap, add 1.5 cm to the skin measurement of the overlapping stocking. Measure the stocking underneath normally.

Exception:

Use skin measurement for position cC.

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