

sigvaris



Measuring guide flat knit

HOW TO MEASURE OPTIFORM HOLD & FLEX

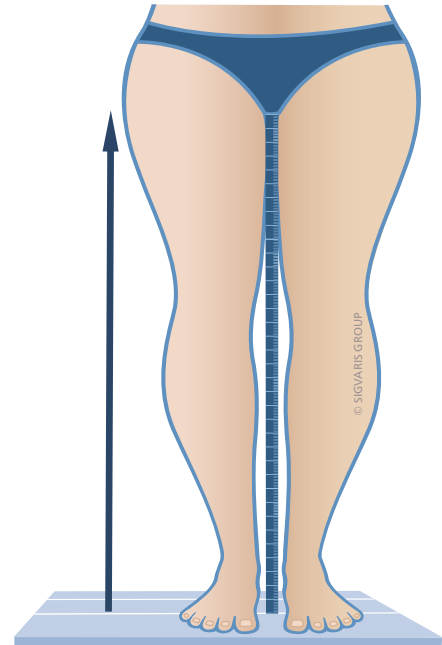
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Basics in measuring

Length measurements:

- Length dimensions are measured perpendicular
- **Always measure length on the inside!**
- Exception: ℓ K1T and ℓ K2T are measured close to the body



Basics in measuring

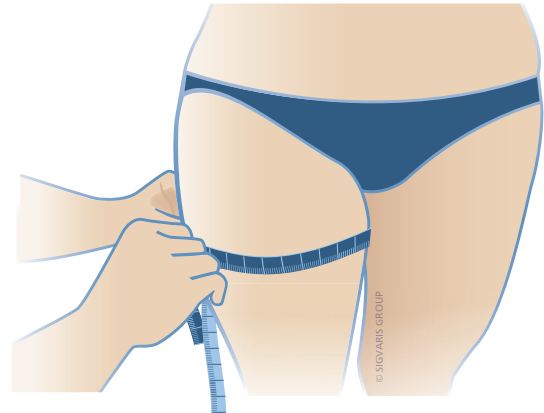
Circumference measurements:

Phlebological measurement = skin measurement

In the joint (Y) and at the joint (D), circumferential measurement can also be performed phlebologically.

Lymphological measurements:

- Light traction = circumference reduction by lifting the edema/tissue using a measuring tape
- Firm traction = circumference reduction by lifting the extremities with measuring tape (own weight)



Basics in measuring

The softer a tissue, the lighter the traction. The firmer a tissue, the firmer the traction. The circumference measurement should not be jerky but should approach the resistance of the edema and must not pinch off under any circumstances (observe the patient's individual sensitivity to pain).

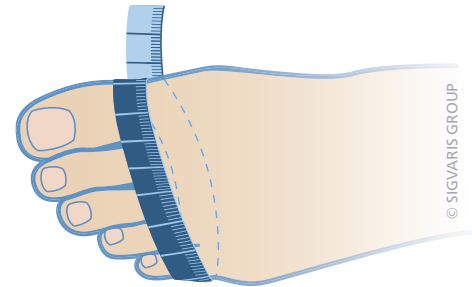
Circumference measurement **can** be performed from measuring point Y to F while lying down and **should be** performed for measuring points A, G, H, K1 and T while standing up.

Measuring point cA

cA:

Circumference of the forefoot in front of the metatarsophalangeal joints with fully loaded foot.

Measurement takes place with lymphological traction.



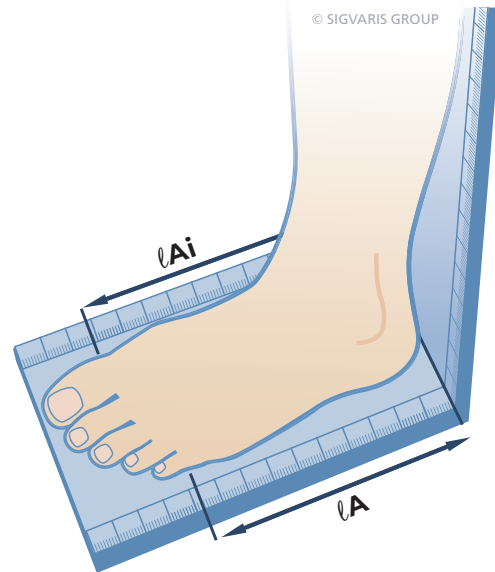
Measuring points l_{Ai} & l_A

l_{Ai} :

Length of the inside of the foot:
Distance heel – big toe crease.

l_A :

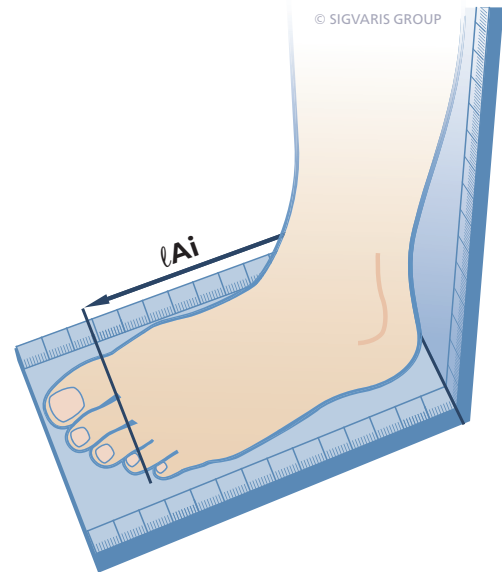
Length outside of foot:
Distance heel – little toe crease.



l_{Ai} : open toe, straight band

Tip:

For straight band with open toe, the length and cA should be taken at the big toe crease to prevent the stocking from slipping to the heel.



Measuring point l_Z

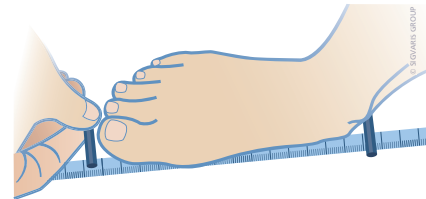
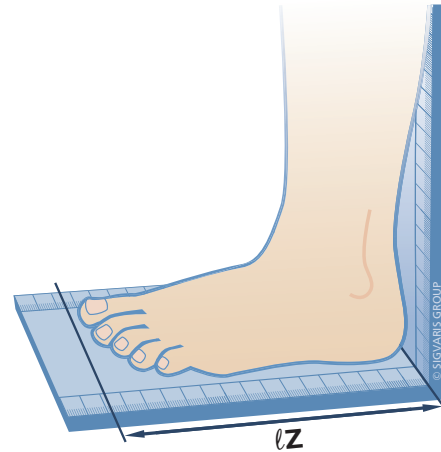
l_Z :

Total foot length:

Distance heel – to longest toe
(big toe or second toe).

Tip:

With the closed toe, add 0.5 cm
in total length to avoid pressure
of the seam on the toenail during
the day.



Measuring point cY

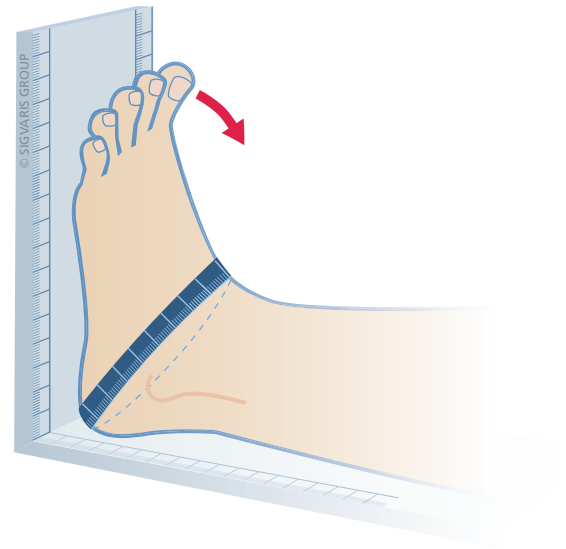
cY:

Circumference is measured phlebologically over heel and instep in dorsiflexion with tense tendons.

→ **Standard heel**

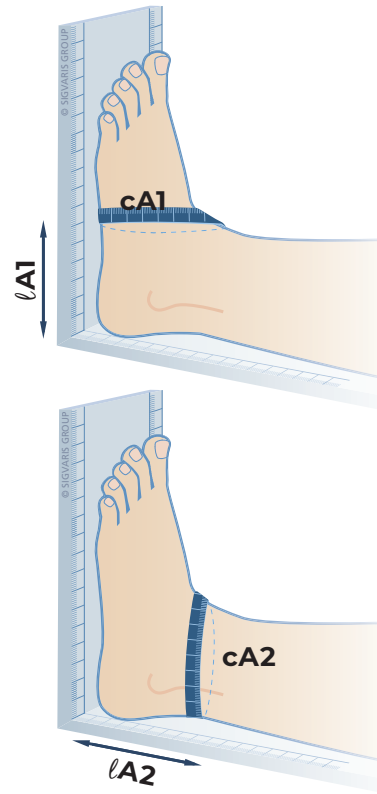
→ **T-heel**

For immobile patients and patients with extremely pronounced heel.



Measuring points for anatomical heel

In case of pronounced anatomical changes, the additional measuring points $cA1$, $lA1$ and $cA2$, $lA2$ are required.



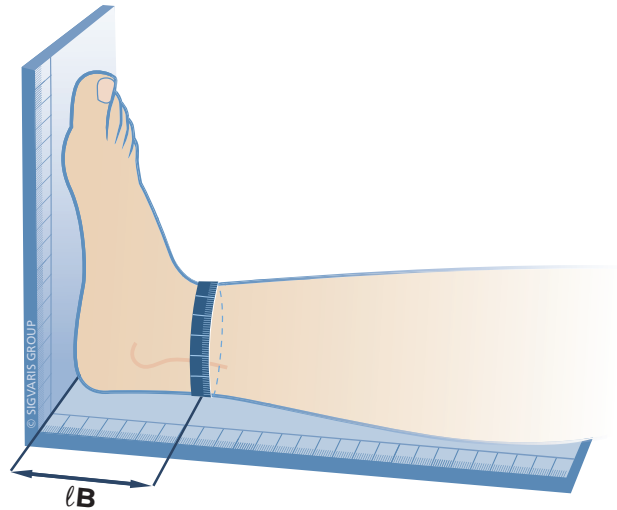
Measuring point B

cB:

Measured with lymphatic traction (tending toward firm traction).

lB:

From sole of foot to above ankle, narrowest part of ankle.



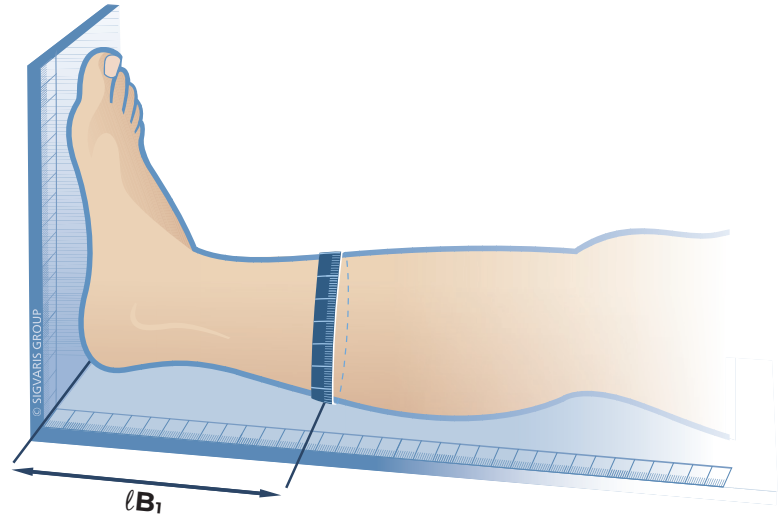
Measuring point B_1

cB_1 :

Measured with lymphatic traction (tending toward firm traction).

lB_1 :

From sole of foot to base of calf.



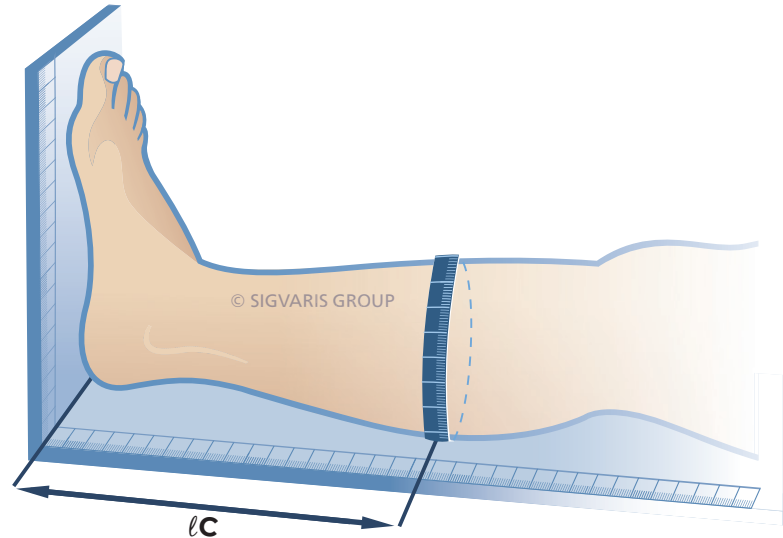
Measuring point C

cC:

Measured with lymphatic traction (tending toward firm traction).

lC:

From sole of foot to strongest calf circumference.



Measuring point D

cD:

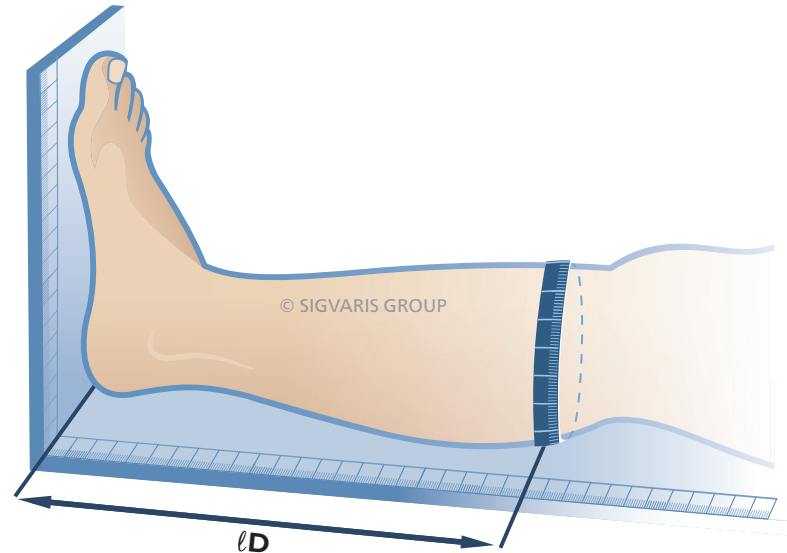
Is measured with lymphatic traction.

ℓD:

Is measured from the sole of the foot to approx. 2 cm below the hollow of the knee, in case of tissue overhang below the fold.

Tip:

Slanted band shape recommended as option for ending.



Measuring point B–D

Tip:

If B1 and C are difficult or impossible to determine.

- Determine measuring point B and D.
- Measure length and divide distance by 3.



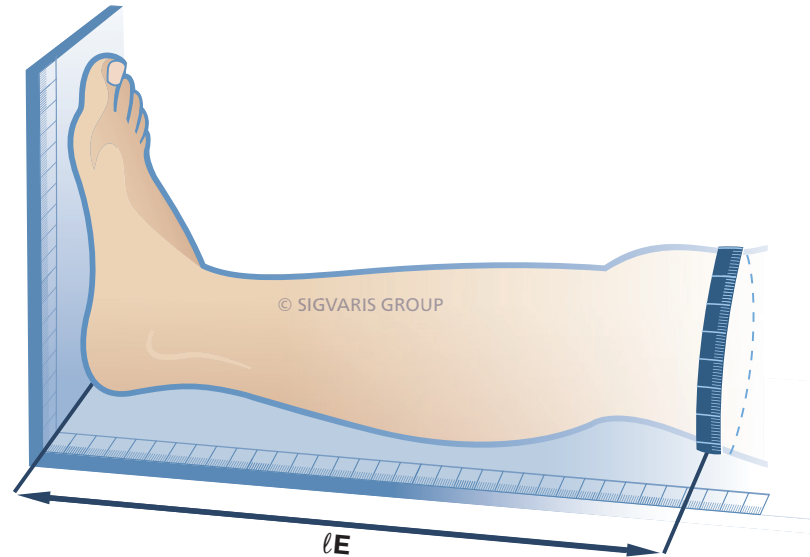
Measuring point E

cE:

Measured with lymphatic traction (tending toward firm traction) at the strongest point above the patella.

ℓE:

Measured from the sole of the foot to the strongest point above the patella.



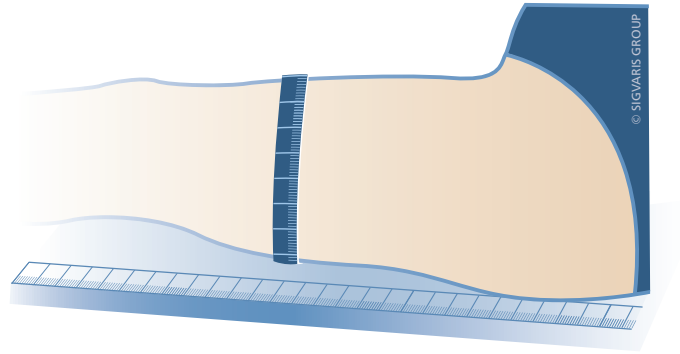
Measuring point F

cF:

Measured with lymphatic traction (tending towards firm traction).

lF:

Measured from sole of foot to halfway between lG and lE.



Measuring point G

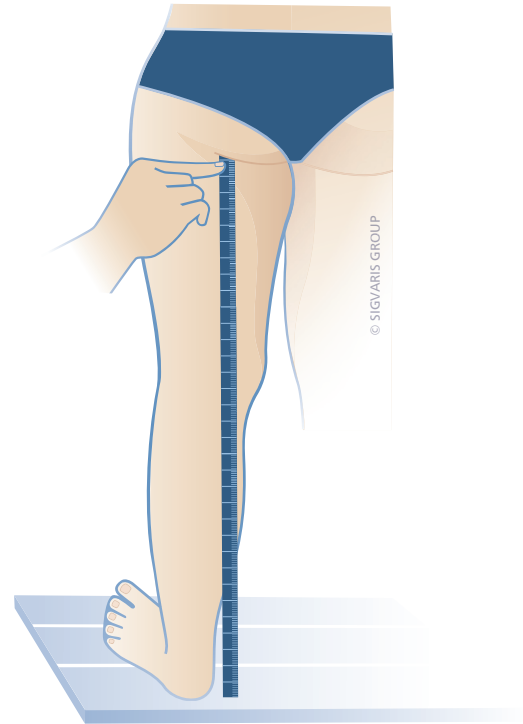
cG:

Is measured with lymphatic traction at the strongest point of the thigh below the crotch.

lG:

Is measured from the sole of the foot to the fold of the buttocks, or to the desired end of the stocking.

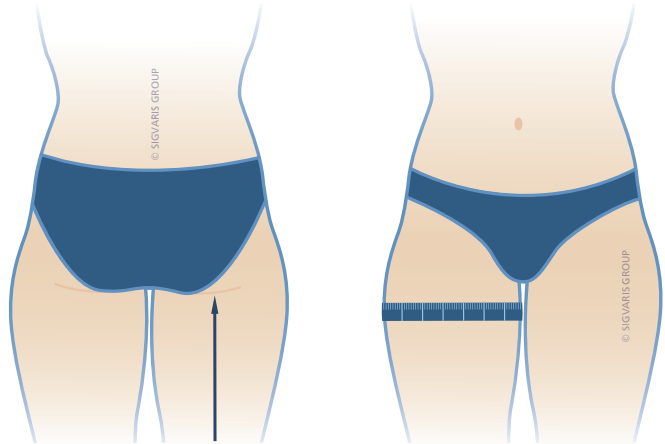
lG = K2



Measuring point G

Options:

- A slant ending is recommended for garments ending at measuring point G.
- Front leg elevation necessary for extremely pronounced leg shape on the front of the thigh.



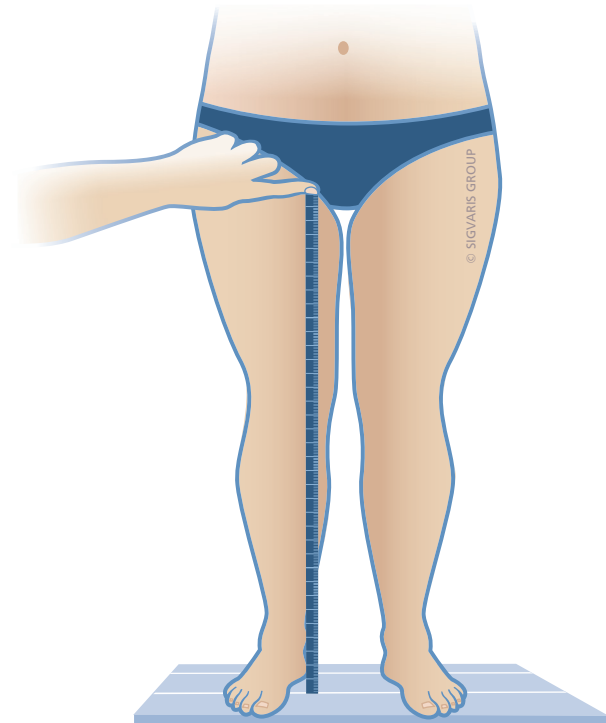
Measuring point K1 (only length)

ℓK1:

Is measured from the sole of the foot to the groin, medially at the height of the pubic bone.

Tip:

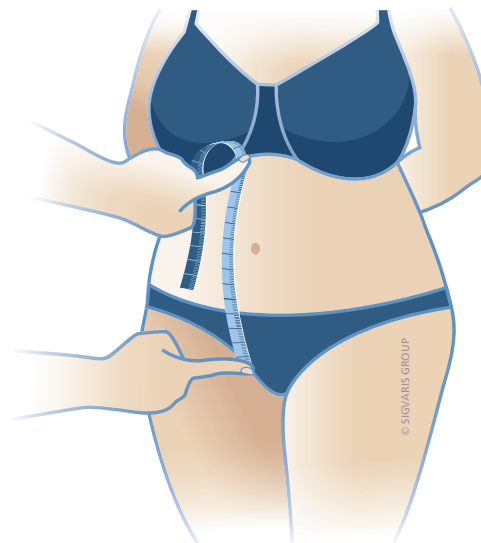
From the leg front view determine the center – from there half in the direction of the crotch – from this point vertically up to the point of intersection of the groin.



Measuring point body part frontside

ℓKIT:

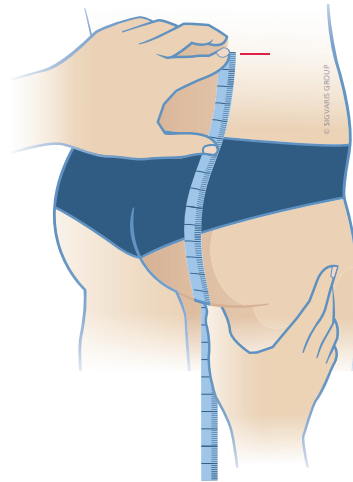
Measured from K1 to T, close to the body, following the body contour (no perpendicular measurement).



Measuring point body part backside

ℓK2T:

Measured from K2 to T close to the body, following the body contour (no perpendicular measurement).



Measuring point H

cH:

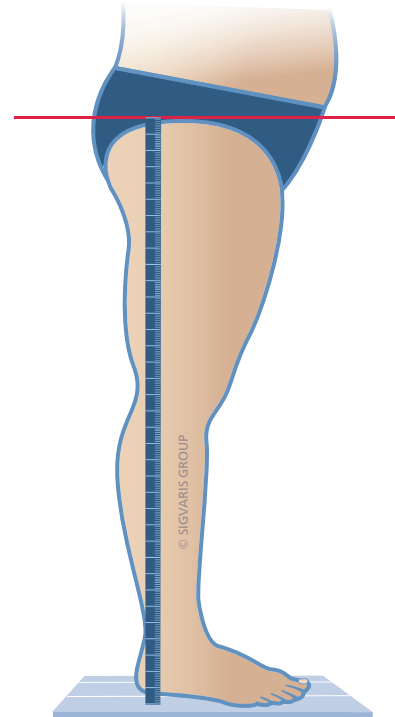
Largest buttock circumference is measured with lymphatic traction.

ℓH:

Measured from the sole of the foot to the largest circumference of the buttocks.

Important:

Measuring point **ℓH** is higher than **ℓK1**.



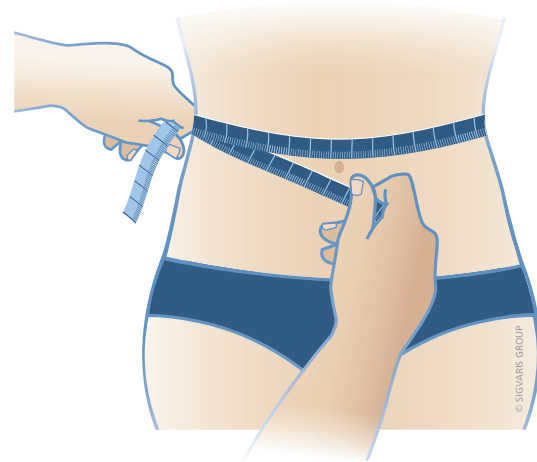
Measuring point T

cT:

Is measured with lymphatic traction, if necessary phlebologically (e.g. pregnancy or umbilical hernia) in consultation with affected person.

ℓT:

Is measured from the sole of the foot to the top of the pantyhose (from a therapeutic point of view above the navel to below the chest).



To note for body part

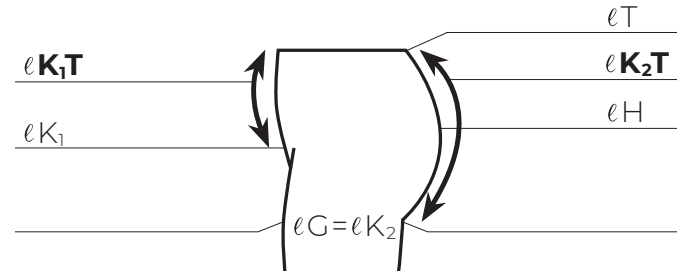
Difference from ℓ_H to ℓ_{K_i} :

Minimum 2 cm

Difference from ℓ_G to ℓ_{K_i} :

Minimum 4 cm, maximum 10 cm

Length of body part (front and back) should be longer than the difference ℓ_T minus ℓ_G



Options body part

- Optimal fit due to a knit-through body part.
- No disturbing seam in the area of the groin.

Tip:

Additions such as flat or steep slant and/or front leg elevation are only required in exceptional cases.



Multi-part garments

Example AD + B₁T Capri

- In the overlapping area in case of a Capri
 - **cD**: skin measurement + 2.5 cm
 - **cC**: skin measurement + 2.5 cm
 - **cB₁**: skin measurement + 2.5 cm

Option:

Porous ending for a smooth transition in multi-part garments.

Each supply on a separate ordering sheet. Tick multi-part garment on ordering sheet.



Multi-part garments

Example AG + ET Bermuda

- In the overlapping area in case of a Bermuda
 - **cG**: skin measurement
 - **cF**: skin measurement + 2.5 cm
 - **cE**: skin measurement + 2.5 cm

Option:

Porous ending for a smooth transition in multi-part garments.

Each supply on a separate ordering sheet. Tick multi-part garment on ordering sheet.



United States

SIGVARIS, INC.

1119 Highway 74 South

Peachtree City, GA 30269

Phone 1.800.322.7744

Fax 1.800.481.5488

us_customorders@sigvaris.com

www.sigvaris.com

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