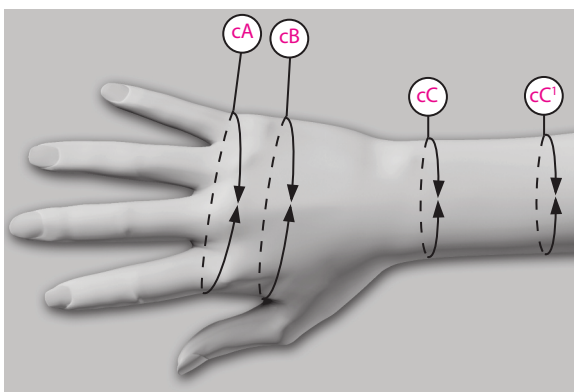


Compression garments with seams should not be measured until the best possible decongestion effort has been achieved. Circumference and length measurements are taken in a distal to proximal sequence. It is essential to mark the measuring points on the arm so that the circumference and length measurements are taken at the same point.

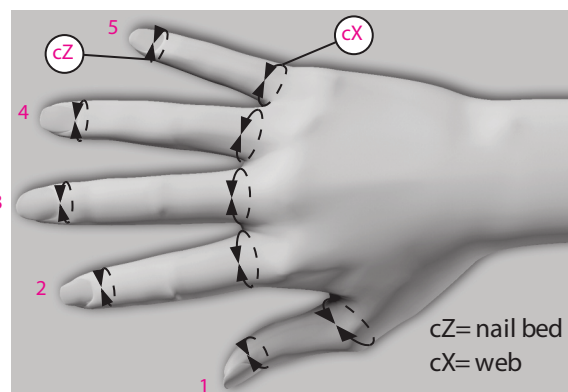
1 Hand circumferences

- a Hand should be pressed lightly on the table, splayed, palm down
- b Measure circumference
- c Mark the measuring points on the inside of the hand



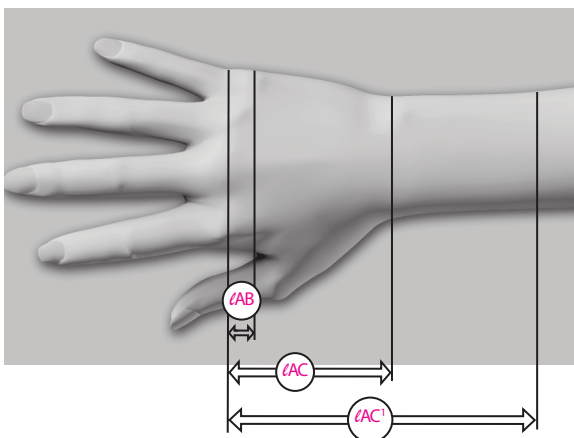
2 Finger circumferences

- a Hand is resting lightly on a surface with the palm down
- b Measure circumference of cX at the finger web
- c cZ is measured at the nail bed
- d Mark the measuring points for length measurement on the inside of the hand



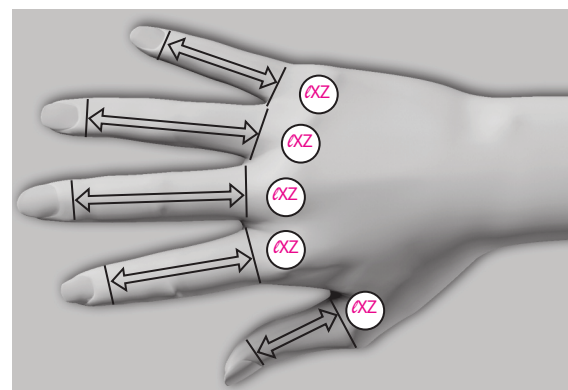
3 Hand lengths

- a Hand is resting lightly on a surface with the palm facing up
- b Length is measured from mark to mark



4 Finger lengths

- a Hand is resting lightly on a surface with the palm of the hand facing up
- b Length is measured from mark to mark

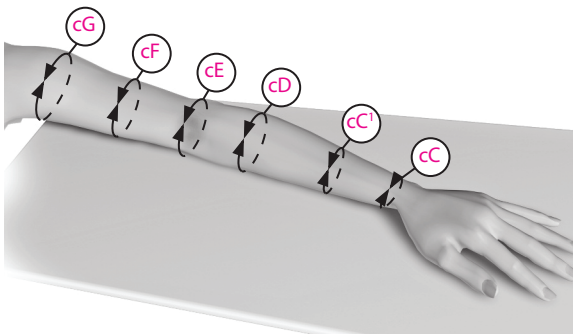




The amount of tension applied must be determined by a person experienced in bandaging techniques and depends on the edema and tissue characteristics, sensitivity to pain, fibrosis, location of the edema, mobility and strength of the patient.

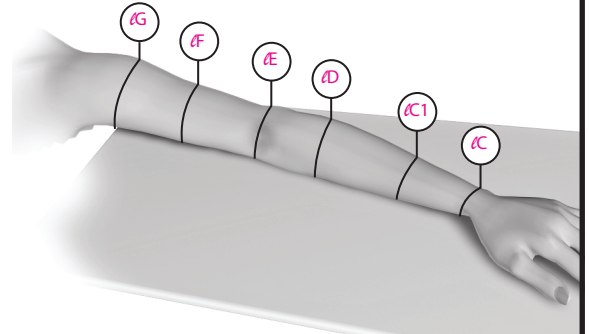
5 Arm circumferences

- Place the hand and arm lightly on a surface
- Mark the measuring points for circumference measurement
- Measure circumferences as shown in the drawing



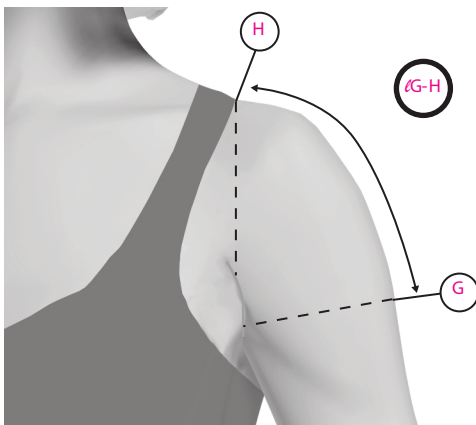
6 Arm lengths

- Lightly rest hand and forearm on a surface. Arm is extended to its maximum.
- Measure lengths from IC to IC1, IC to ID and so on to IG in a line extending back from the groove between the thumb and index finger to the anterior axillary fold, from mark to mark.



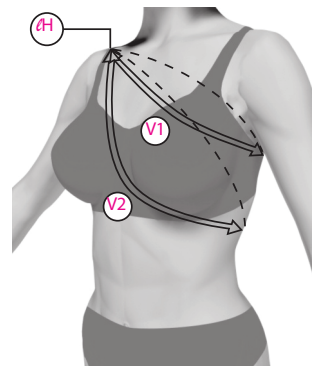
7 Upper arm circumference

- For the shoulder cap, measure from point G to H (acromium process), or where the bra strap sits
- Do not measure past point H



8 Attachment

- Shoulder strap
The length of the shoulder strap is measured according to method V1 and V2 (full circumference)



V1= Variant 1
V2= Variant 2

- Anatomical shoulder caps are measured from the anterior to the posterior axillary fold

