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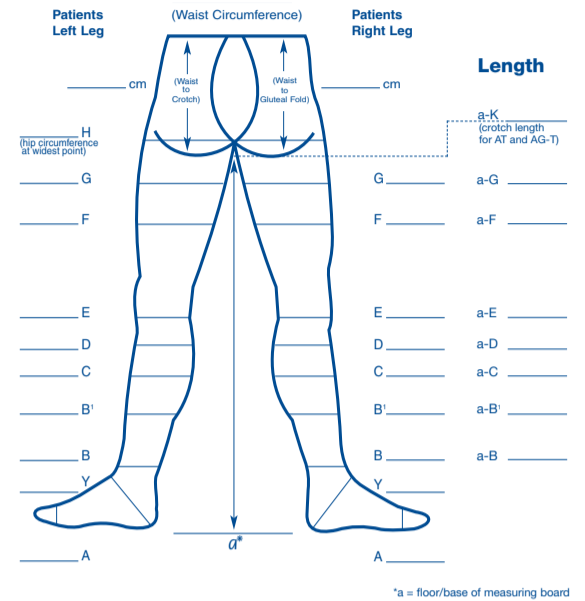
guide to measuring MEDICAL COMPRESSION HOSIERY

Preconditions

The leg should be largely free of oedema before measuring for hosiery. The degree of oedema can be checked before measuring by pressing the leg firmly with the finger. If oedema is present, pitting is observed which does not immediately disappear. If this is the case, the patient should not be measured for compression garments and the leg should first be decongested (e.g. compression bandaging and manual lymphatic drainage).

Procedure

The measurements to be taken, after oedema reduction, depend upon the type of hosiery required. During the measurements, the patient sits or stands depending on the measurements being taken. A measuring board is recommended wherever possible, with the patient sitting/lying, to measure up to point F.



Take the leg measurements (1-12):



1. Place the measuring board on a stable surface and ask the patient to place their leg on the measuring board. Ensure you have a tape measure, ballpoint pen and order form at hand.



2. Foot length for a slant open toe: from the base of the large toe to the end of heel (inside) and from the base of the little toe to the end of the heel (outside). Foot length for closed toe: from the tips of the toes to the end of the heel.



3. Take circumferential measurement A at the base of the toes.



4. Take circumferential measurement Y around the instep and heel at maximal dorsiflexion.



5. Measure circumference B. Measure length a-B at the same point (at the narrowest point of the ankle).



6. Measure circumference B1. Measure length a-B1 at the same point (at the Achilles tendon/calf transition).



7. Measure circumference C. Measure length a-C at the same point (at the greatest calf circumference).



8. Measure circumference D. Measure length a-D at the same point (at the fibular head - two finger widths below the kneecap).



9. Measure length a-E to the middle of the kneecap with the leg extended.



10. Circumference E is the knee circumference: measure at the middle of the patella, with the leg slightly bent.



11. Measure circumference F. Measure length a-F at the same point (at the middle of the thigh).



12. In a standing position, determine the G position (top of hosiery). Measure circumference G. Measure length a-G at the same point (greatest thigh circumference with the patient standing).

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For compression tights add a body bandage (13-17):



13. Measure circumference H at the widest part of hips.



14. Measure circumference T at the waist. This is the desired position of the garment waistband.



15. Measure the length of the body bandage at the front from the waist (T) to the crotch.



16. Measure the length of the back of the body bandage from the waist (T) over the buttocks to the gluteal fold.



17. Measure the floor to crotch measurement (a-K) with the patient standing

Profiles (18-19):



18. Measurement point P1: measure from the medial malleolus over the Achilles tendon to the lateral malleolus.



19. Measurement point P2: measure from the medial malleolus over the sole of the foot to the lateral malleolus.