

guide to measuring MEDICAL ARMSLEEVES

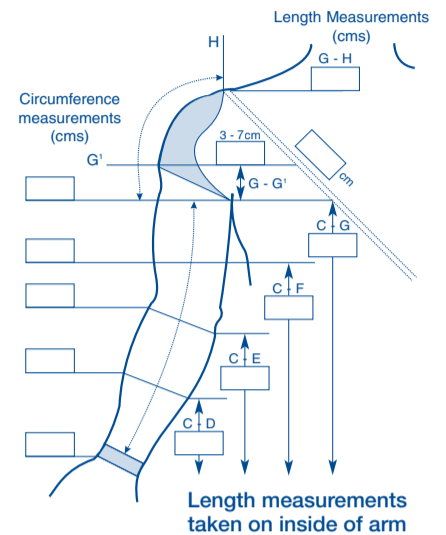
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Preconditions

The arm should be largely free of oedema before measuring for an armsleeve. The degree of oedema can be checked before measuring by pressing the arm 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 arm should first be decongested (e.g. compression bandaging and manual lymphatic drainage).

Procedure

The measurements to be taken, after oedema reduction, depend on the type of armsleeve required. During the measurements, the patient sits with the arm slightly angled and the palm of the hand facing upwards on a firm surface.



First determine the measurement points (1-6):



Draw the measurement points on the skin with the marker pen. Measurement points A, B and C should be determined in the same way as for "measuring for gloves" (see poster).



The next measurement point D is located roughly in the middle between C (wrist) and E (angle of the elbow).



Mark measurement point E in the crease of the elbow.



Define measurement point F in the middle of the upper arm.



Measurement point G is at the level of the axillary cavity. **Tip:** for measurement point G: this point is easiest to determine by inserting a JOBST Flexicard into the armpit and bending it at a right angle around the upper arm.



Measurement point G' is about 4cm above point G and is taken into account for types AG' or CG during manufacture.

After all measurements points have been marked, take the circumferential measurements (7-11):



Determine circumference C below the wrist. **Tip:** if the patient has already been measured for a glove, the same C measurement can be used. **Important!** Do not pull the tape measure tight.



Determine circumference D.



Measure circumference E over the elbow with the arm slightly angled.



Measure circumference F around the middle of the upper arm.



Measure circumference G - also for C-G' types - with the tape measure placed circularly around the upper arm.

Finally, take the length measurements (12-15):



Determine length C-D.



Determine length C-E. Press down the tape measure at each point along the arm.



Determine length C-F. Press down the tape measure in the angle of the elbow.



Determine length C-G (also for C-G' types).

Options (16-18):



Measure length G-H for the shoulder cover up to the bra strap.



Determine the length for the support strap from the mid-shoulder to the waist only - do not measure around the body.



Measure the width of the bra strap

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