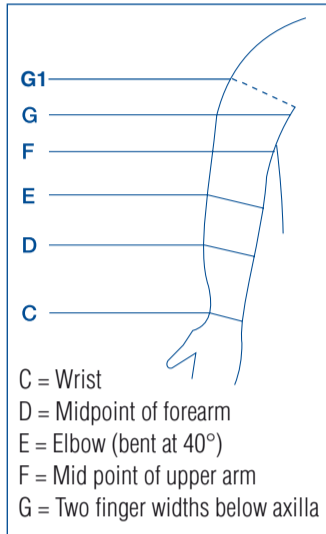


Ready-to-Wear Hosiery Measuring Guide

Please note: If measurements do not fit into one of these sizes we should be able to help with the extensive styles and variations available in our Custom-Fit range. Please do not hesitate to contact Customer Services if you wish to discuss your requirements Tel: **0845 1223600**.

Jobst® Elvarex® Sleeve



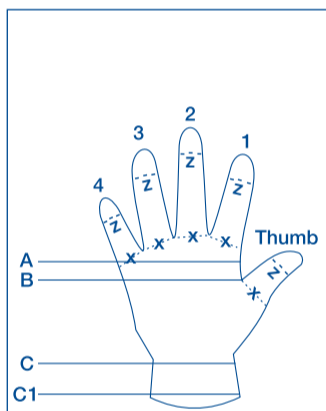
Measurement Point	Circumference in Centimetres		
C	16-18	18-20	20-22.5
D	25	25-28	28-31
E	23.5-26	26-29	29-33.5
F	25.5-29	29-32	32-37
G	30.5-34.5	35-39	39-44
Select Size	Small	Medium	Large

Length CG = 42cm CG1 = 45cm

Elvarex® ready-to-wear arm sleeves are available in 3 sizes and 3 styles and are manufactured to RAL Standard Class 2 (20-25mmHg). Measure the circumference in centimetres of the patient's arm at the points indicated in the diagram.



Jobst® Elvarex® Glove & Gauntlet



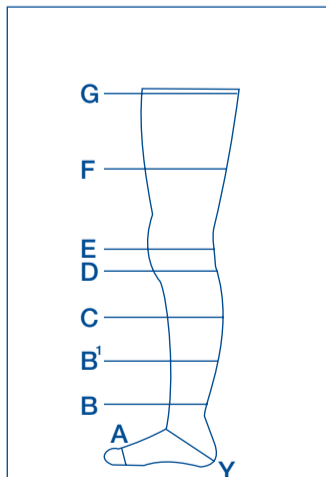
Measure circumference of fingers and thumb at base marked 'X' and tip marked 'Z' as shown by dotted lines. For a gauntlet measurements A, B, C and thumb X and Z only are required.

Measurement Point	Circumference in Centimetres			Note: Lengths for all sizes are standard, see below:	
A	16.5-17.5	18-19	20-21	Measurement Point	Small/Medium/Large Length in CMs
B	17-19	19-21	21-23		
C	16-18	18-20	20-22	AB	3.0
Fingers 1X	5.3-5.7	6.2-6.8	7.2-7.8	AC	9.0
Fingers 1Z	4.8-5.2	5.8-6.2	6.5-7.1	AC1	12.0
Fingers 2X	5.3-5.7	6.2-6.8	6.3-6.9	Thumb	3.0
Fingers 2Z	5.0-5.4	5.6-6.0	7.2-7.8	Finger 1	5.0
Fingers 3X	4.8-5.2	5.8-6.2	6.7-7.3	Finger 2	5.3
Fingers 3Z	4.5-4.9	5.3-5.7	6.3-6.9	Finger 3	5.0
Fingers 4X	4.3-4.7	5.3-5.7	6.0-6.6	Finger 4	4.3
Fingers 4Z	3.8-4.2	4.8-5.2	5.8-6.2		
Thumb X	5.3-5.7	6.2-6.8	7.2-7.8		
Thumb Z	5.3-5.7	6.2-6.8	7.2-7.8		
Select Size	Small	Medium	Large		

Elvarex® ready-to-wear gloves are available in 3 sizes and are manufactured to RAL Standard Class 2 (20-25mmHg). Measure the circumferences in centimetres of the patient's hand at the points indicated on the diagram.

British Standard	
Class 1	= 14 - 17mmHg
Class 2	= 18 - 24mmHg
Class 3	= 25 - 35mmHg
RAL Standard - Hosiery	
Class 1	= 18 - 21mmHg
Class 2	= 23 - 32mmHg
Class 3	= 34 - 46mmHg
Class 4	= > 49mmHg
Sleeves, Gloves & Gauntlets	
Class 1	= 14 - 18mmHg
Class 2	= 20 - 25mmHg
Class 3	= 25 - 30mmHg

Jobst® Elvarex® Lower Limb



A = Metatarsal small toe joint, foot in dorsiflexion
Y = Around heel, following ankle crease foot in dorsiflexion
B = Smallest ankle point above medial malleolus

Measurement Point	Circumference in Centimetres										
G	44	46	48	50	52	54	56	58	60	62	64
F	41	42.5	44	45.5	47	48.5	50	51.5	53	54.5	56
E	31	32.5	34	35.5	37	38.5	40	41.5	43	44.5	46
D	28	29.5	31	32.5	34	35.5	37	38.5	40	41.5	43
C	30	31.5	33	34.5	36	37.5	39	40.5	42	43.5	45
B1	24	25.5	26.5	27.5	29	30	31.5	32.5	34	35	36.5
Y	28	29	30	31	32	33	34	35	36	37	38
B	19	20	21	22	23	24	25	26	27	28	29
A	19	20	21	22	23	24	25	26	27	28	29
Select Size	4	5	6	7	8	9	10	11	12	13	14

A-G length = 69-74cm depending upon size ordered.
A-D length, short = 36-39cm, long = 40-43cm, depending upon size ordered.

Elvarex® ready-to-wear hosiery for lower limb is available in 11 sizes and 3 styles and manufactured to RAL Standard Class 2 (23-32mmHg) and Class 3 (34-46mmHg). Measure the circumference in centimetres of the patient's leg at the points indicated on the diagram. The patient's leg should be horizontal and measurements should be taken when the limb is at its smallest size i.e. first thing in the morning. For knee length stockings, measure only A-D and Y. Do not pull the tape tightly at the foot, ankle or knee. Apply firmer pressure when measuring fleshy areas C, F and G.



Lymphoedema Helpline
If you have any queries about lymphoedema please call the Freephone Helpline on 0800 389 8424 or simply email your questions to: lymphoedema.uk@bsnmedical.com
For product and ordering information, please call Customer Care on **0845 122 3600**
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