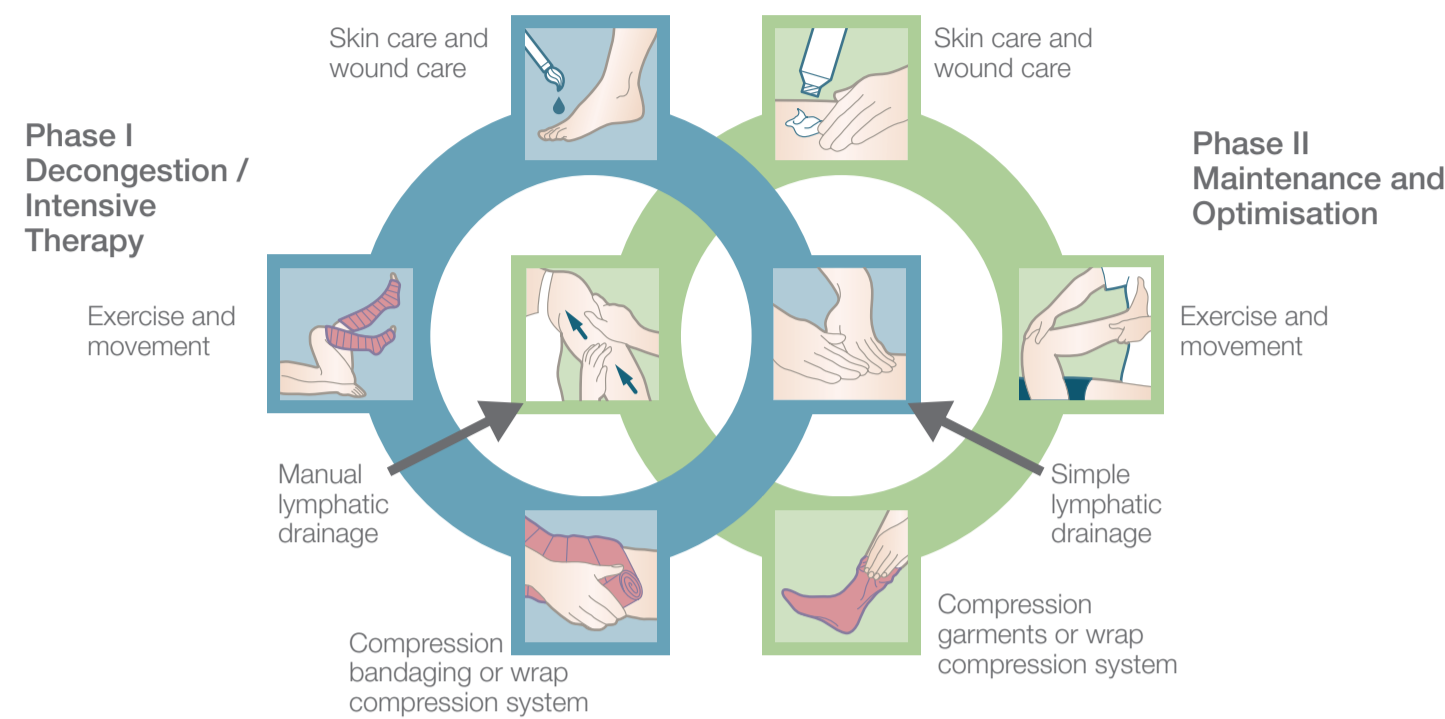


# CHRONIC OEDEMA MANAGEMENT WITH A JOBST® ELVAREX® BELOW KNEE COMPRESSION GARMENT\*



Comfort, Health and Style!

## • EFFECTIVE TREATMENT ..... • CUSTOM-FIT, FLAT-KNIT ..... • COMPRESSION LEVELS† ..... • WHEN IS A BELOW KNEE GARMENT SUITABLE? .....



Manufactured as a flat piece of fabric using straight rows of needles. Flat-knit garments sit flat against the skin and do not cut into skin folds, making them especially suitable for lymphoedema / chronic oedema treatment. Stitches can be added and dropped to accommodate all levels of limb shape distortion.



Flat-knit machine

RAL Compression Class	mmHg
CCL 1	18-21mmHg
CCL 2	23-32mmHg
CCL 3	34-46mmHg
CCL 3 Forte	34-46mmHg
CCL 4	49-70mmHg
CCL 4 Super	60-90mmHg

Garment pressure is measured in millimeters of mercury and refers to the amount applied at the ankle circumference by the compression garment.



\*Compression ranges as recommended by the International Lymphoedema Framework<sup>2</sup>.

Before measuring for a compression garment, undertake a complete, holistic assessment of the patient including limb shape, size and level of oedema. The arterial vascular status of the legs of all patients with lower limb lymphoedema / chronic oedema should be assessed. The presence of peripheral arterial occlusive disease may contraindicate compression therapy or necessitate a reduction in the level of compression used<sup>1</sup>.

Most patients with shape distortion are better treated with custom-fit, flat-knit hosiery, which does not curl, twist or tourniquet. Flat-knit hosiery is often stiffer and so is more likely to prevent rebound oedema<sup>2</sup>.

Below knee suitable for<sup>1</sup>:

- Swelling and skin changes limited to below the knee
- Venous ulceration without thigh swelling
- Inability to apply full length garment
- Obesity

Note: If toe caps are impractical and toe swelling is mild, closed toe hosiery may be preferable to open toe. Flat-knit is often preferred for treating swelling of the forefoot<sup>1</sup>.

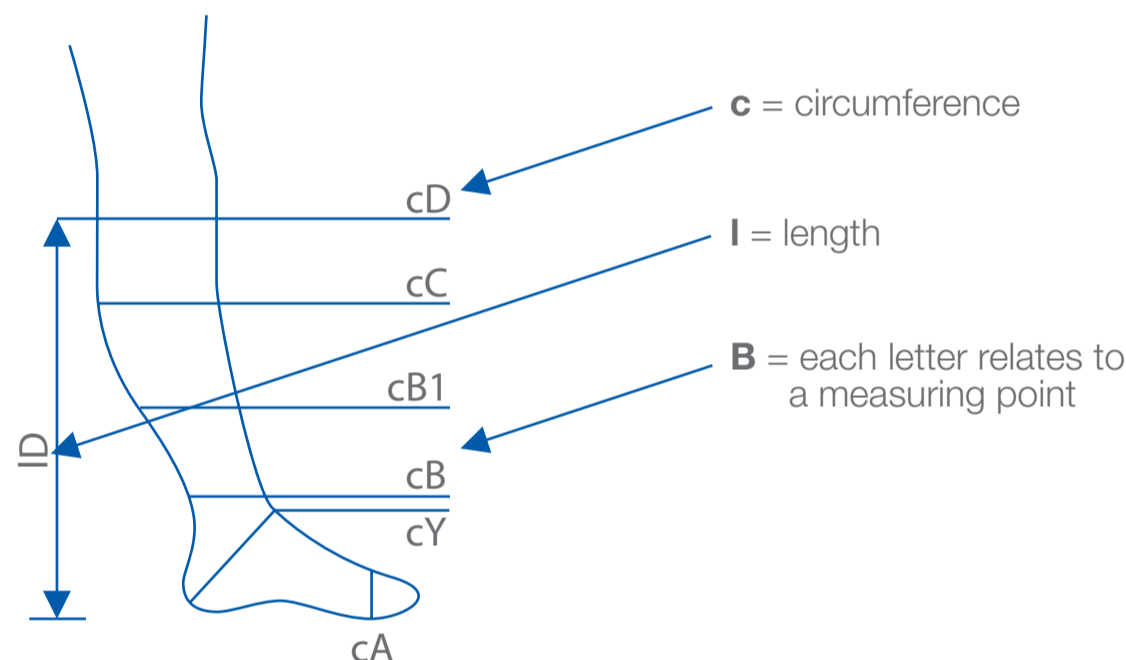


The main use of compression garments is in the long-term management (phase II) of lymphoedema / chronic oedema, usually following a period of intensive therapy (phase I)<sup>1</sup>. These are more aesthetically pleasing, allow normal clothing to be worn and have fewer layers than bandaging or wrap compression systems.

## • MEASURING POINTS FOR A BELOW KNEE (AD) GARMENT ..... • ORDER FORM ..... • ORDER CODES

The limb should be largely free of oedema before measuring for a compression garment (pitting oedema test can be performed). Do not measure into skin folds but place the tape measure over the top of the skin fold. Measure accurately to the nearest half cm when the patient is lying. A measuring board is recommended whenever possible<sup>1</sup>.

Measuring Points	
<b>D</b>	Fibula head / two finger widths below kneecap
<b>C</b>	Widest point of calf
<b>B1</b>	Transition to calf (achilles tendon)
<b>B</b>	Narrowest point at ankle above the malleoli
<b>Y</b>	Heel / ankle flex at maximum dorsiflexion
<b>A</b>	Base of toes / metatarsophalangeal joints



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.



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.



Take circumferential measurement A at the base of the foot.



Take circumferential measurement Y around the ankle flex and heel at maximal dorsiflexion.



Measure circumference B at the narrowest point of the ankle. Measure length a-B at the same point. If malleoli not palpable, 10cm from heel.



Measure circumference B1 at the achilles tendon / calf transition. Measure length a-B1 at the same point.



Measure circumference C at the widest point of the calf. Measure length a-C at the same point (see below).



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

All measurements to be taken with lay-on tape tension except the C measurement point. This is an anchor point for the garment. Apply lay-on tape tension and then pull slightly.

A completed JOBST Elvarex order form for the knee high example prescription.

**JOBST® Elvarex® Custom-Fit Lower Limb Order Form**  
**FAX ORDER TO CUSTOMER SERVICES ON: 0845 122 3450**

Date: 01/11/16 Purchase Order No.: 001 Patient Name: JOE BLAGES DOB: 01/01/60  
 Measured By: JANE SMITH Tel: 123 456 Email: JANE.SMITH@EMAIL.COM  
 Delivery Address: 123 MAIN STREET Invoice Address: AS DELIVERY ADDRESS  
 SOMEWHERE HH1 5DE

JOBST Elvarex		
Compression Class	Quantity	
CCL1 (18-21mmHg)	Left	Right
CCL2 (23-32mmHg)		
CCL3 (34-46mmHg)		
CCL3F (34-46mmHg)		
CCL4 (49-70mmHg)		
CCL4S (60-90mmHg)		

Options:  
 Body bandage  
 Adjustable waistband  
 Fly for men  
 Orotch for men  
 Open pulis  
 Re-inforced gusset  
 Slipform  
 Silicone band  
 2.5cm  5cm  
 Inside  Top  
 3/4 Silicone band  
 Zipper with lining\*  
 Silk pocket\*  
 \*Heel pad (profile)  
 Ankle pad (profile)  
 Top functional zone\*  
 Knee functional zone\* (34-46mmHg)

Colour:  
 Beige  Black  
 Dark Blue  Dark Brown  
 Grey  Cranberry

Style:  
 AD Knee high  
 AG Thigh high  
 AGT Waist attachment left  
 AGTR Waist attachment right  
 AG-T Waist attachment pair  
 AT Tights  
 AT Tights 1 leg  
 AF Mid thigh\*

Foot Styles:  
 Open toe  Closed toe  
 Slant foot  Straight foot

Foot Length:  
 For open toe: 29  
 For closed toe: 29

Lengths for slant foot:  
 Length medial: 21.5  
 Length lateral: 17.5

Remarks:

Note: Patient should be provided with a minimum of 2 compression garments - one to wash and one to wear. Garments should also be replaced every 6 months.

Reference 1: Lymphoedema Framework. Best Practice for the Management of Lymphoedema. International consensus. London: MEP Ltd, 2006.  
 Reference 2: Lymphoedema Framework. Template for Practice: compression hosiery in lymphoedema. London: MEP Ltd, 2006

### JOBST ELVAREX CUSTOM-FIT

Compression Class	Code	Pieces	Options	Code	Pieces
<b>Knee High</b>					
<b>Basic style - in beige</b>			<b>Options</b>		
CCL 1 - 18-21mmHg	L1-01-04	1	Closed toe	L-A001	1
CCL 2 - 23-32mmHg	L2-02-04	1	2 Ankle pads (profile)	L-A002	1
CCL 3 - 34-46mmHg	L3-03-04	1	Zipper	L-A003	1
CCL 3 Forte - 34-46mmHg	L3-04-04	1	Silicone band	L-A004	1
CCL 4 - 49-70mmHg	L4-05-04	1	Non-standard colour	L-A008	1
CCL 4 Super - 60-90mmHg	L5-06-04	1	T-heel	L-A010	1
			SoftFit	L-A016	1

### JOBST ELVAREX SOFT

Compression Class	Code	Pieces	Options	Code	Pieces
<b>Knee High</b>					
<b>Basic style - slant open toe in beige</b>			<b>Options</b>		
CCL 1 - 18-21mmHg	L1-10-04	1	Closed toe	L-A001S	1
CCL 2 - 23-32mmHg	L2-09-04	1	Silicone band	L-A004S	1
CCL 3 - 34-46mmHg	L3-09-04	1	Non-standard colour	L-A008S	1
			T-heel	L-A010S	1
			SoftFit	L-A016S	1

Pharmacy Stamp

Age: 60  
 Title: Mr  
 NHS Number: 123 456 789  
 Signature of Prescriber: JANE SMITH  
 Date: 01/11/16

Endorsement:  
 JOBST Elvarex knee high L2-02-04  
 RAL CCL 2 (23-32mmHg)  
 Non-standard colour L-A008  
 T-heel L-A010  
 Closed toe L-A001

Signature of Dispenser: JANE SMITH  
 Date: 01/11/16

This completed prescription form is for **one** JOBST Elvarex Custom-Fit, dark blue, below knee, compression garment in RAL compression class 2 with closed toe and T-heel.

JOBST Elvarex knee high L2-02-04  
 RAL CCL 2 (23-32mmHg)  
 Non-standard colour L-A008  
 T-heel L-A010  
 Closed toe L-A001