**MEASUREMENT POINTS**

<table>
<thead>
<tr>
<th>Point</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>g</td>
<td>Axilla</td>
</tr>
<tr>
<td>f</td>
<td>Mid upper arm</td>
</tr>
<tr>
<td>e</td>
<td>Elbow crease</td>
</tr>
<tr>
<td>c</td>
<td>Wrist crease</td>
</tr>
<tr>
<td>d</td>
<td>Widest forearm</td>
</tr>
<tr>
<td>1</td>
<td>Base of thumb (widest point)</td>
</tr>
<tr>
<td>b</td>
<td>Palm at fold of thumb</td>
</tr>
<tr>
<td>a</td>
<td>Palm at base of fingers</td>
</tr>
</tbody>
</table>

**LENGTH MEASUREMENTS**

Right:
- e-g cm
- c-e cm
- a-b cm
- b-c cm

Left:
- e-g cm
- c-e cm
- a-b cm
- b-c cm

Take measurements at back of arm.

Take length measurements following the contour of the limb.

**CIRCUMFERENCE MEASUREMENTS**

Right:
- g cm
- f cm
- e cm
- d cm

Left:
- g cm
- f cm
- e cm
- d cm

**CHOOSE COLOUR**

- **SAND**
- **BLACK**

**COMMENTS / REQUESTS**