

MEASUREMENT INSTRUCTIONS - QUICK GUIDE

Fill out patient and contact details first.

Sections 1,2,3,4 & 5 are mandatory. Please fill out as appropriate.

1 **Select Style**
Please note that some styles are only available in flat knit.

2 **Length & Circumference Measurements**
Take length measurements first. If possible, use a skin marker to mark the measurement points on the limb. All length measurements up to **g** should be taken straight with the patient lying or sitting.

The arm should be well supported with the palm facing up if possible. Take the measurements on the inside of the arm as far as possible. Identify on the form if the arm is measured in a different position.

3 **4** **5**
Fabric and Compression Class, Colour & Quantity
Please choose as appropriate for your patient.

6 **Options**
If choosing any of these options please complete as necessary

7 **Comments / Requests**
Please use this box to add any comments or diagrams that may assist with the making of the garment. If you have a particularly complex case please feel free to submit photographs and/or additional notes.

FOR MORE DETAILED
MEASUREMENT INSTRUCTIONS
& TIPS CALL FOR A FREE

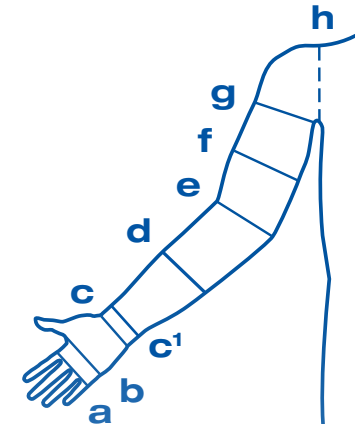
'MEASUREMENT INSTRUCTIONS BOOKLET'

Also available on our website:

www.hadhealth.com/mtmbooklet



- g** under arm (axilla) or position you would like garment to finish
- f** mid upper arm
- e** elbow fold (ensure the elbow is slightly bent)
- d** widest point of forearm
- c¹** approx 3cm above **c** (between 3 and 5cm is normal)
- c** wrist crease
- b** palm at fold of thumb
- a** palm at base of fingers



Shoulder Cap and Velcro® Bra Attachment

section
6

1. Please state **g-h** measurement



h For shoulder cap and body strap options measure the length from the top of the sleeve over the shoulder to where you would like the shoulder cap to finish.

Shoulder Cap & Adjustable Strap

section
6

1. Measure strap length from top of shoulder **h** over the torso **t** and back to the start of the shoulder
2. Please state **g-h** measurement



We aim to provide additional flexibility wherever possible.
Please call us on 01844 208842 or email mtm@hadhealth.com for any further assistance.

This guide is not designed to replace formal training. Responsibility for the selection and application of products rests with the professional staff treating the patient. Haddenham Healthcare does not take any responsibility for contraindicated use of these garments or for inaccurate measurements. The measuring of compression garments for lymphoedema should only be carried out by someone who has undertaken an appropriate course.