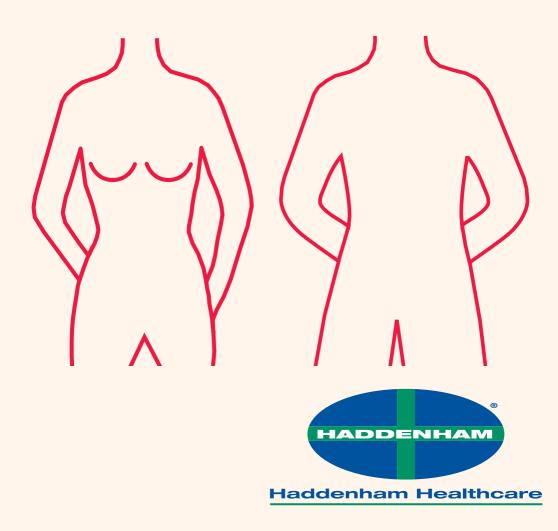
GARMENTS MEASUREMENT GUIDE



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This booklet does not replace formal training but is designed as a guide. The measuring of compression garments for lymphoedema should only be carried out by someone who has undertaken an appropriate course.

Haddenham Healthcare accept no responsibility for the measurement or fitting of garments

Haddenham measurement charts can be downloaded from our website **www.hadhealth.com**

Upper Torso Eto Garments



Measure the width of the shoulder strap, usually 4-7 cm



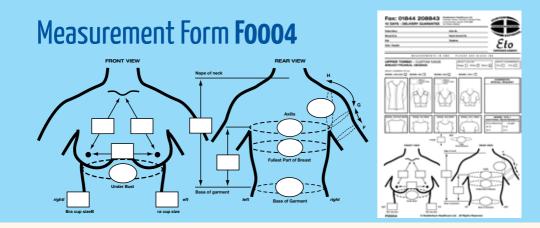


Measure the length from the collar bone to the nipples, leaving the bra on, or the approximate position of the nipples.

Measure the distance between the nipples.

TIP: It is helpful to ask the patient to leave the bra on when measuring for these garments. If the patient is unable to wear a bra, try to support the breasts as a bra would to ensure the Eto garment is a good fit, even if the patient is wearing an ill fitting bra.

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Measure the length from the nape of the neck to where the garment will finish. Bear in mind the width of the elastic band when deciding this point. Model 601 has an 8cm band as standard; model 603 has a 5cm band as standard.



Measure the length from the axilla to where the garment will finish.



Measure the circumference under the breasts around the ribcage.



Measure the circumference under the axilla and above the breast.



Measure the circumference over the fullest part of the breast.



Measure the circumference of where you would like the garment to finish.

Garment Types:



400







601



603



703-1

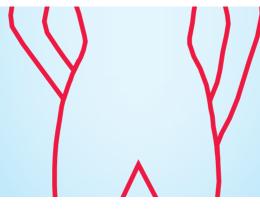


Measure the axillary circumference (essential for arm hole shaping). This is measurement **H**.



Additional measurements for 703-1

- 1 Measure the length from **G** - **H**
- Measure the length from **F G**
- 3 Measure the circumferences of F & G



Lower Torso Eto Garments

TIP: Ask the patient to place their hands on their waist where they would like the garment to sit. If the patient has a large overhanging abdominal area use a bandage or wrap to hold the abdomen supported as it would be with a garment in place.

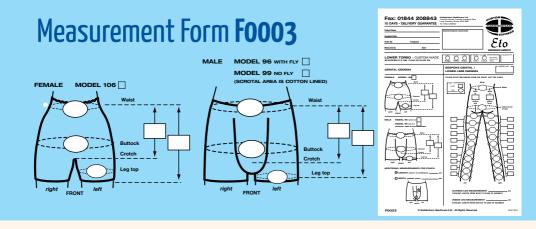


Measure the length from the top of the garment to the crotch/pubic bone.



Measure the length from the top of the garment to the point on the leg where the garment will finish.

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Measure Circumferences around the waist or where the garment will sit.



Circumference around the widest point of the hips/bottom.



Circumference around the top of the leg.

Additional measurements for Models 99-96



Please note that these models do not have an elastic waistband. You can request all garments with or without the waist band.

A from the agreed waist band over the length of the scrotum to the perineum.

B the widest point of the scrotum

Bespoke Garments

Carry out steps as for model 106 (Pages 8-9)



Measure the length from the waist to the widest point of the hips.



Measure the length from the waist to the gluteal fold.

Garment Types:



H106

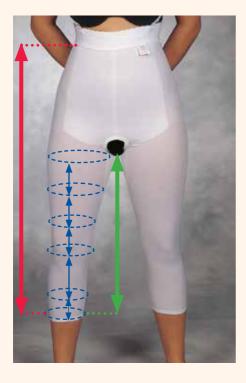






Please note that model 106 comes with an elastic waist band as standard.

Bespoke Garments Continued...



3 Measure the length from the waist to the end of the garment. This measurement is taken straight down.

4 Measure straight down the inside leg from the crotch to where you would like the garment to finish.

5 Measure the circumferences with lengths between these measurements. Starting at the top of the leg to the point where the garment will finish.



Scrotal Support Garments

TIP: Before removing under garments ask the patient to stand if possible and place their hands where they would want the band of the scrotal support to sit. Note that the band of the support is 7cm.

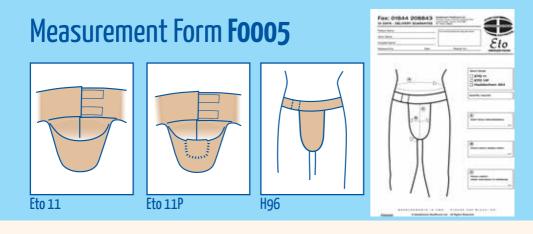


Measure the circumference where the patient wants the band of the garment, this is point **A**.



Measure around the widest point on the front of the scrotum, this is point **B**.

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Measure from A, over the scrotum to the perineum, this is point **C**.

Notes

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