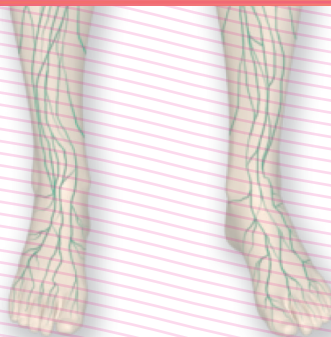


lymphology
measuring for custom-made
flat-knit lower extremity

effective October 1, 2017



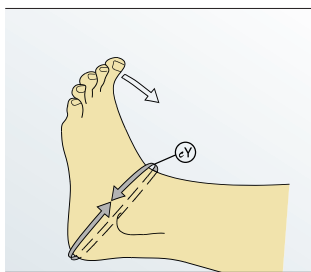
Notes on taking measurements for custom-made flat-knit stockings

- Flat knit compression garments should not be measured until the best possible decongestion effort has been achieved. Circumference (c) and length (l) measurements are taken in a distal to proximal sequence (starting at the toes and working up the leg towards the waist).
- It is essential to mark measuring points on the leg so that the circumference and length measurements are taken at the same point.
- The amount of tension applied must be determined by a person experienced in bandaging techniques and depends on edema and tissue characteristics, sensitivity to pain, fibrosis, location of the edema, mobility, and strength of the patient.
- Generally flat-knitted garments are measured under tension with the exception of cY. According to the measuring point we distinguish:
Skin measurements = loose;
Measuring to the first resistance = measuring under tension without force;
Full Tension = absolutely compression of the tissue.

Knee high

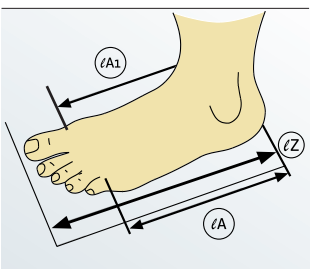
All length measurements are contoured along the medial (inner) side of the leg

Foot measurement points (Y, A, A1, Z)



Circumference (c) Y

Measurements taken over the heel and arch in dorsal flexion with tendons taut. Take physical dimensions without tension. Take soft tissue projections into account.



Length (l) A

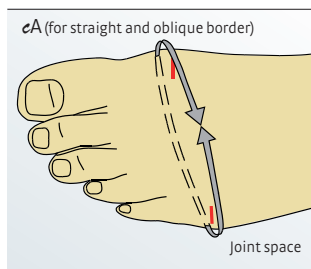
Distance from heel to base of little toe (length of outer side of foot), including the joint.

Length (l) A1

Distance from heel to base of big toe (medial length), including the joint.

Length (l) Z

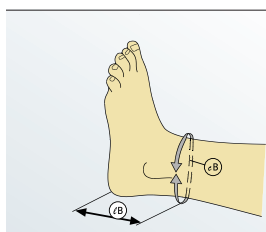
Closed toe: distance from heel to end of longest toe. (Not needed for open toe garments, except open toe seamed toe caps. lZ needed for ALL seamed toe cap garments.)



Circumference (c) A

Apply tape measure around the metacarpophalangeal joints (first joints of toe).

Measuring point B: just above the malleolus (ankle bone)



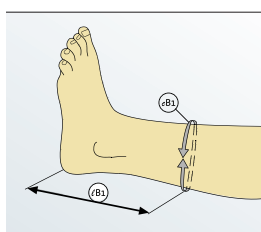
Length (l) B

From sole of foot to above (proximal to) the ankle.

Circumference (c) B

Measure circumference, depending on indication, tightly if necessary.

Measuring point B1: at the base of the calf



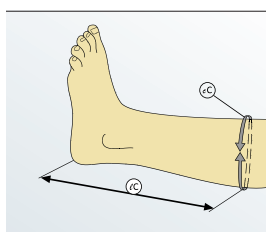
Length (l) B1

From sole of foot to base of the calf.

Circumference (c) B1

Measure circumference, depending on indication, tightly if necessary.

Measuring point C: at the largest calf circumference



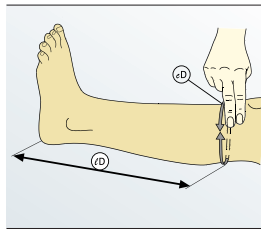
Length (l) C

From sole of foot to largest calf circumference.

Circumference (c) C

Measure circumference, depending on indication, tightly if necessary.

Measuring point D: at the head of the fibula



Length (l) D

From the sole of the foot to the head of the fibula (approx. two finger widths below kneecap).

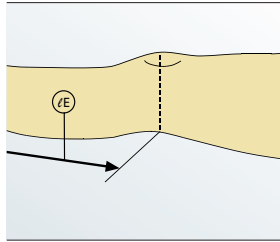
Circumference (c) D

Measure circumference, depending on indication, tightly if necessary. Exception: AD stocking = Body dimension.

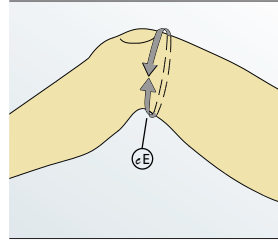
Thigh high

All length measurements are contoured along the medial (inner) side of the leg except (l)K2 which is contoured on the posterior (back) side of the leg.

Measuring point E: at the middle of the kneecap

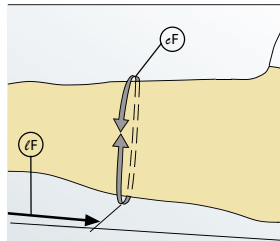


Length (l) E
From sole of foot to middle of kneecap.



Circumference (c) E
In general, measurements are not made tightly when the leg is bent (angle 30° - 45°), take circumference measurement one finger width proximal (above) to the back of the knee, and two finger widths proximal (above) to the knee cap. Do not place tape in the back of the knee or folds of skin.

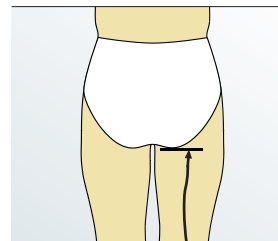
Measuring point F: at the middle of the thigh



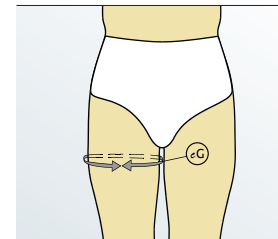
Length (l) F
From sole of foot to middle of thigh.

Circumference (c) F
Depending on the indication, the circumference is generally measured fairly tight.

Measuring point G

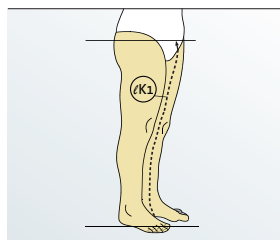


Length (l) G
AG stocking dimension: sole of the foot to largest point (inner aspect) below the transverse buttock fold (including top band).



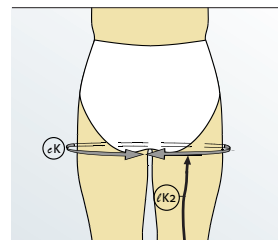
Circumference (c) G
Depending on the indication, the circumference is generally measured fairly tight at the widest part of upper thigh (not always the top of the thigh.)

Measuring point K1: at the pubic bone



Length (l) K1
From sole of foot to the pubic bone .

Measuring point K2: at the gluteal fold



Length (l) K2
From sole of foot to gluteal fold.

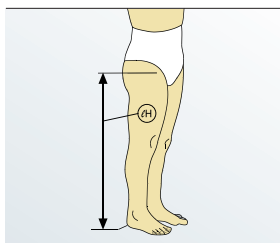
Circumference (c) K
Measure around both legs at the gluteal fold.

Obligatory measurement for medi!

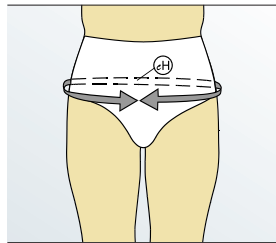
Waist high

All length measurements are contoured along the body except "H" and "T" which are straight lengths.

Measuring point H: widest point of the pelvis

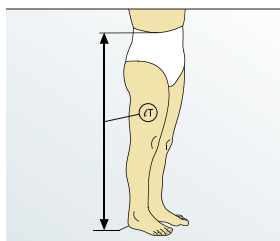


Length (l) H
From sole of foot to widest point of pelvis.

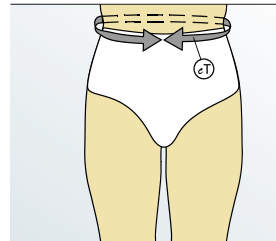


Circumference (c) H
Circumference of pelvis at the widest point, or buttocks, measure tightly depending on indication.

Measuring point T: at the waist

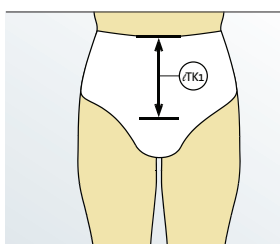


Length (l) T
From the sole of the foot to the top border of the garment (patient-specific).

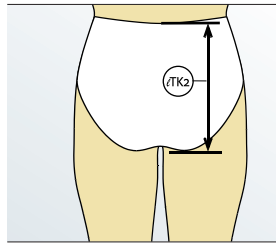


Circumference (c) T
Circumference of torso, measured under moderate tension.

Measuring points for front (l) TK1 and back (l) TK2 top border of the garment



Length (l) TK1
Front length TK1: measure vertically next to body, at the level of the pubic bone to the top border of the garment.



Length (l) TK2
Back length TK2 measure vertically near the body, at the level of the transverse gluteal fold to the border of the garment.

Measuring a suspensory

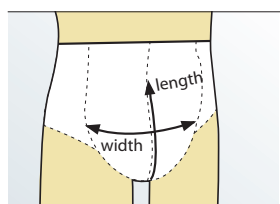


Fig. A

Length & width
Measure the width and length of the suspensory, as marked in Figures A and B - this measurement can be taken over the underwear.

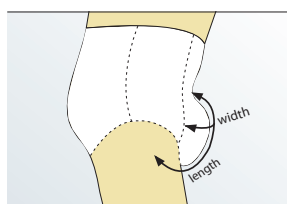


Fig. B

LOWER EXTREMITY MEASURING & ORDER FORM: CUSTOM-MADE FLAT-KNIT



Fax Order: 1-888-840-0939

email: customs@mediusa.com

Customer name _____ Account # _____
 PO# _____ email _____
 Patient name _____ email _____

Bill to _____ Ship to _____

PATIENT MEASUREMENTS IN CENTIMETERS

CIRCUMFERENCES		
eT		cm
eH		cm
eK (around both legs)		cm
	LEFT	RIGHT
eG	cm	cm
eF	cm	cm
eE	cm	cm
eD	cm	cm
eC	cm	cm
eB1	cm	cm
eB	cm	cm
eY	cm	cm

LENGTHS (landmarks to floor)		
eT (straight line)		eK1T
eH (straight line)		eK2T
LEFT	RIGHT	
eG	cm	cm
eF	cm	cm
eE	cm	cm
eD	cm	cm
eC	cm	cm
eB1	cm	cm
eB	cm	cm

REQUIRED LENGTHS FOR THIGH & PANTY/WAIST

FRONT

eK1
(pubic bone to floor)

_____ cm

BACK

eK2
(gluteal fold to floor)

_____ cm

REQUIRED LENGTHS FOR THIGH & PANTY/WAIST WITH E-KNITTING MARK OPTION

BACK

D1
(popliteal crease to floor)

_____ cm (contour)

WEIGHT BEARING (must complete all)

Left Foot

circ.A _____ cm

eA1 _____ cm

eA _____ cm

eZ _____ cm

Right Foot

circ.A _____ cm

eA1 _____ cm

eA _____ cm

eZ _____ cm

