

lymphology measuring for custom-made flat-knit upper extremity

effective October 1, 2017

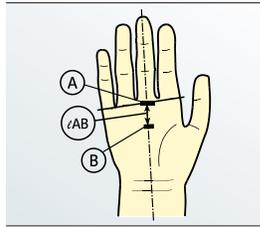
Notes on taking measurements for custom-made flat-knit armsleeves & gloves

- Flat knit compression garments should not be measured until the best possible decongestion effort has been achieved. Circumference (ϵ) and length (ℓ) measurements are taken in a distal to proximal sequence. (starting at the fingers or wrist and working up the arm towards the shoulder).
- It is essential to mark measuring points on the arm 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.

Hand

All length measurements are contoured along the limb.

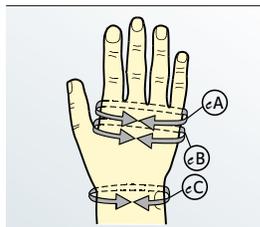
Measuring point A: At the line joining the joints at the base of the little finger and index finger



Length (ℓ) A
Starting point for further length dimensions is halfway along this line.

Circumference (ϵ) A
Place the tape measure around the joints at the base of the fingers with the hand placed firmly on the table. Hand must be splayed.

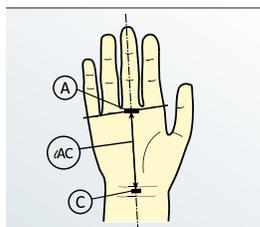
Measuring point B: At the base of the thumb webbing



Length (ℓ) B
Measure A – B on the extended palm. Experience shows that in 80% of cases this is approx. 3cm in adults.

Circumference (ϵ) B
Measure in a straight line over middle of hand with palm placed firmly on the table. Hand must be splayed.

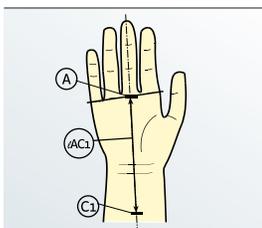
Measuring point C: Usually at the distal (closer to fingers) wrist fold, depending on the extent of the edema



Length (ℓ) C
Measure A – C on the inside of the extended hand.

Circumference (ϵ) C
Measure without tension. If necessary make a dimensional allowance.

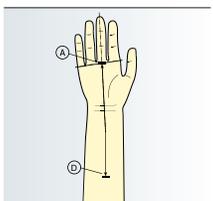
Measuring point C1: At the first third between C and E (elbow crease)



Length (ℓ) C1
Measure A – C1 on the palm side of the extended hand.

Circumference (ϵ) C1
Measure as border dimension without tension.

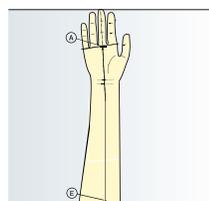
Measuring point D: At the second third between C and E, generally the largest forearm circumference



Length (ℓ) D
Measure A – D on inner/palm side of the extended wrist.

Circumference (ϵ) D
Measure at desired tension level.

Measuring point E: At the elbow crease



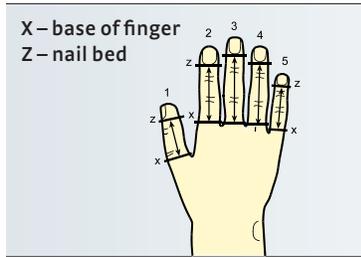
Length (ℓ) E
Measure A – E on inner/palm side of the extended wrist.

Circumference (ϵ) E
Ensure that the border dimension is not measured too tightly.

Fingers

All length measurements are contoured along the limb.

Finger lengths

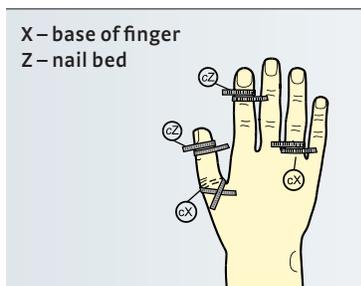


Length (l)

Shortest length from web (X) to the nail bed (Z).

Exception: If the fingers are closed, measure to the end of the finger

Finger circumferences



Circumference (e)

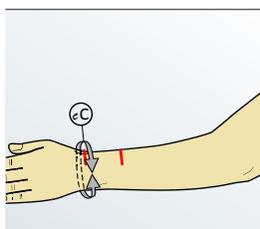
Generally measure dimensions X and Z to the millimeter and without tension.

The X dimension may not be smaller than the Z dimension; if necessary, adjust to the Z dimension

Lower Arm

All length measurements are contoured along the limb.

Measuring point C: Usually at the distal (closer to fingers) wrist fold, depending on the extent of the edema

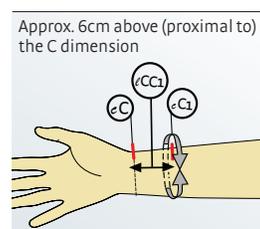


Circumference (e) C

Measure without tension for small circumferences (approx. < 18). If necessary, make a dimensional allowance.

Caution: If C dimension is too small, edema may develop in the back of the hand .

Measuring point C1: At the first third between C and E (elbow crease)



Length (l) C1

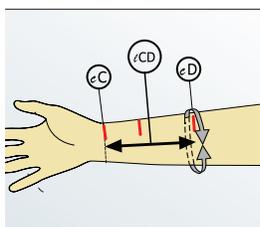
Measure C-C1 on the inner side of the arm.

Required by medi!

Circumference (e) C1

Measure without tension.

Measuring point D: At the second third between C and E, generally the largest forearm circumference



Length (l) D

Measure on the flexor side (inside) of the extended arm, specify the length from C - D.

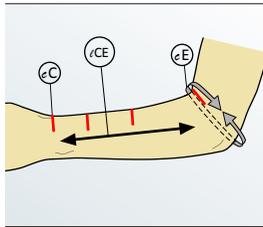
Circumference (e) D

Usually measured tightly, depending on the edema .

Upper Arm

All length measurements are contoured along the limb.

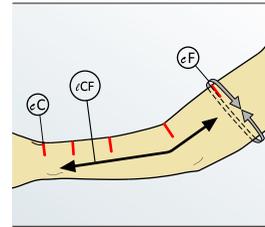
Measuring point E: At elbow and flexion crease



Length (l) E
Select the measuring point at the bent elbow as illustrated and determine the length from C – E on extended arm.

Circumference (c) E
With elbow slightly bent (approx. 45°), measure without tension and not into the flexion crease. If necessary measure slightly above the elbow.

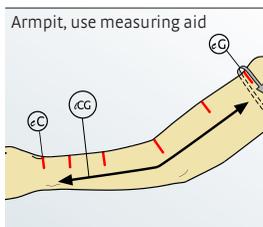
Measuring point F: At the middle of the upper arm, at the midpoint of E and G



Length (l) F
Measure length from C – F on the extended arm.

Circumference (c) F
Usually measure tightly, depending on edema.

Measuring point G: At the axilla/armpit



Length (l) G
Measure length from C – G on the inside of the extended arm.

Circumference (c) G
Depending on the edema, this is usually measured without tension at right angles to the axis of the arm.

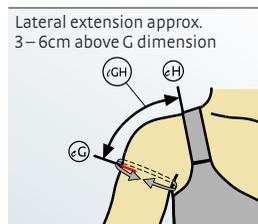
Shoulder Cap

All length measurements are contoured along the limb.

Measuring point G (at the axilla/armpit) & H (at the acromion)

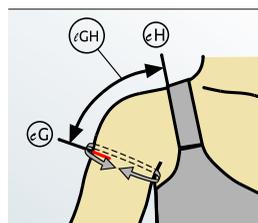
Attachment options

1. Top band (only with lateral extension).
See options offered on order form.
2. Shoulder strap.
3. Bra attachment.



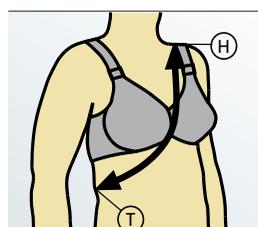
Length (l) G-H
Oblique border:
state distance from G – H.

No circumference dimension required.



Point H for Shoulder Strap:
Measure from G on the outer aspect as far as the shoulder (H-acromion).

Point H for Bra Attachment:
Measure from G to lateral side (closer to the arm, not the neck) of bra strap and state bra strap width (> 3cm).



Measure strap length from shoulder level (H-acromion) over torso back to height of shoulder. (all the way around the body)

Upper Extremity Options Form - Flat Knit Custom

Fax order to 1-888-840-0939
email customs@mediusa.com

medi USA • 6481 Franz Warner Parkway • Whitsett, NC 27377 • Phone 1-800-633-6334



Customer name _____ Bill to: _____ Ship to: _____
Account # _____ P.O. # _____
Patient Name _____

MATERIAL 1

mediven 550
 mediven mondi esprit

STYLE/QUANTITY 2

___ arm sleeve (cG)
(only)
___ long hand section (zD, zE)
___ 1 piece hand/arm combo(zG,AG)
(one garment)
___ 2 pieces hand/arm
 porous row for half compression

HANDPIECE/QUANTITY 3

___ gauntlet
___ glove
 finger open
 finger closed

COMPRESSION 4

| | CCL1 15-21 mm/hg | CCL2 23-32 mm/hg | CCL3 34-46 mm/hg |
|-------------|--------------------------|--------------------------|--------------------------|
| hand piece: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| arm sleeve: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SIDE 5

___ Left ___ Right

SUPPORT OPTIONS 6

None
 Topband Options
 Beaded Silicone Topband
 small (2.5cm)
 wide (5cm)
 small (2.5cm) 3/4 circumference
 Profile (honeycomb pattern 5cm)
 Peony (beaded 5cm) Oblique Border
 Beaded Silicone Pieces at G
 5 x 5 cm
 5 x 10 cm
 Anti-Slip Silicone Dots
 Oblique border (6 x 4.5 cm)
 On palm (6 x 4.5 cm)

Shoulder Attachments
 Shoulder Strap (K)
 small (2.5cm) (adjustable)
 wide (5cm) (velcro)
 Bra attachment strap
width of bra strap _____ cm
 Shoulder Cap
(partial compression)
 Standard
(partial shoulder width)
 Anatomical
(encompasses shoulder, must include Box 3 from page one)

OBLIQUE ENDING AT G 7

Standard Oblique
 Steep Oblique
 Straight Ending

KNITTING MARKS 8

(FLEXION ANGLE) AT ELBOW

160 degrees (standard)
 150 degrees
 135 degrees (greatest flexion)

OTHER OPTIONS 9

Silk Lining Material
location: _____

(please include drawing in notes section)
width _____ cm length _____ cm

Lymphpad
location: _____

(please include drawing in notes section)
width _____ cm length _____ cm

| | |
|-----------------------------------|---|
| COLOR | Trend Colors* 10 |
| Standard Colors | * Require an extra five days for delivery. |
| <input type="checkbox"/> Caramel | <input type="checkbox"/> Anthracite <input type="checkbox"/> Magenta |
| <input type="checkbox"/> Black | <input type="checkbox"/> Aqua <input type="checkbox"/> Mint-Green |
| <input type="checkbox"/> Sand | <input type="checkbox"/> Blue-Jeans <input type="checkbox"/> Moss-Green |
| <input type="checkbox"/> Cashmere | <input type="checkbox"/> Cherry-Red <input type="checkbox"/> Navy |
| | <input type="checkbox"/> Coral |

DESIGN ELEMENTS 11

Live Laugh Love
 Sportive
 Timeless





SWAROVSKI CRYSTALS 12

Pattern: Beauty Upper arm
 Brilliance Lower arm
 Romance





NOTES/ADDITIONAL INFO 13
