

# 39325 SOCK

## Measuring Guidelines

elements  
body



Orange & square = length

Blue & circle = circumference

All measurements should be taken in cm. Length measurement (orange) - The measuring tape should be against the skin, without placing any tension on the measuring tape. All measurements should be taken in weight bearing if possible, where this is not possible, ensure that the patient is sitting with their foot flat to floor; with the ankle and knee at 90 degrees. To ensure accuracy when measuring, it is advisable to mark the patients skin with a non-permanent marker.

### Sock

L/R 17	Foot length (If it is difficult to take a measurement, take a tracing of the patient's Foot and measure the length on the tracing.)
L/R 18	Lateral length from top of Tibial Tuberosity to level with top of malleolus (or narrowest part)
L/R 19	Lateral length from top of malleolus ( or narrowest part) to floor.
L/R 20	Circumference at top of Tibial Tuberosity
L/R 21	Circumference of Calf at $\frac{1}{3}$ length of L/R 18 down from Tibial Tuberosity
L/R 22	Circumference at around top of malleoli (or narrowest part)
INSTEP	Circumference of Instep of Foot
L/R 23	Circumference diagonally at Foot and Heel
L/R 24	Circumference level with the 1st MTP-joint and straight across