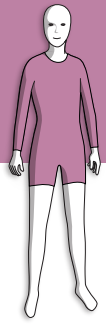


Measuring Guidelines

Suit with Sleeves and Legs

39311, 39312 Suit

elements
body



Orange & square = length

Blue & circle = circumference

All measurements should be taken in cm. Length measures, (orange square) – the measuring tape must be lying against the skin, but do not pull it. All measurements should be taken without tension, and directly against the skin. All measures should be taken when the Patient is relaxed and has a regular breathing pattern. It is useful to make marks using a non-permanent marker on the Patient's skin to secure correct measure.

SCV	Length from Seventh Cervical Vertebra to Axillary Crease. To ensure an accurate measurement, place a pencil or ruler under both Arms of the Patient so that their Arms remain against the Body and the Scapulae are set against the Chest Wall.
U	Umbilicus circumference
C	Chest circumference in line with Axillary Crease
N	Neck circumference around the base of Neck to lower edge of Sternal Notch.
NS	Neck Side length when wider Neckline is required. NS measurement cannot be greater than 1cm for children and 3cm for adults.
ND	Neck drop at front of Neck when a lower Neckline is required. ND measurement cannot be greater than 3cm for children and 4cm for adults
BD	Depth at back of Neck when a lower Neckline is required. BD measurement cannot be greater than 3cm for children and 4cm for adults.
S	This is the finished width required at Shoulder of Sleeveless garment. Remember if wider Neckline is required (NS) then this measurement must include NS.
SU	Lower edge of Sternal Notch to Umbilicus.
AS	Circumference level with Anterior Superior Iliac Spines (ASIS)
L/R2	Around Arm level with Axilla, Arm should be by side and the Scapula set against the Chest Wall
L/R3	Midway between Axilla and Elbow
L/R 4	Around Elbow joint with Arm extended
L/R 5	One third from the Elbow to Wrist
L/R 6	Around Wrist at point where Sleeve ends
L/R 7	Place end of tape at the Axilla crease, measure to cubital crease
L/R 8	From Cubital Crease to Wrist where Sleeve ends
AER/L	Only for short and $\frac{3}{4}$ sleeves: Length from axillary crease to required finished length.

Measuring Guidelines

Suit with Sleeves and Legs

39311, 39312 Suit

L/R 9	Circumference of Leg level with Groin and Gluteal Fold taken at 90°
L/R 10	Circumference of Mid-Thigh – midway point between L/R9 and L/R11
L/R 11	Circumference at Knee Joint in line with Patella
L/R 12	Circumference at Superior Tibial Tuberosity. Required for Long and $\frac{3}{4}$ Legs
L/R 13	Circumference of widest section of Calf Muscle. Required for Long and $\frac{3}{4}$ Legs
L/R 14	Circumference at Ankle at the level of Superior Medial Malleolus. Required for Long and $\frac{3}{4}$ Legs
L/R 15	Length on inside Leg from Thigh at Groin to Knee Joint, in line with Mid-Patella
L/R 16	Length of inside Leg from Mid-Patella to upper margin of Medial Malleolus. Required for Long and $\frac{3}{4}$ Legs
L/R Instep	Circumference of Instep of Foot – Required for Long Legs only
CER/ CEL	Only for short and $\frac{3}{4}$ legs: Length on inside Leg from Groin to required finished length
WW	Length from Waist to Waist through the Legs at the level of the umbilicus. If the Patient wears nappy / pad, measure to the side of nappy / pad.

Bust Measurements

Required for Women only. Take measurements with Patient standing / sitting wearing a bra.

B	Bust circumference at Nipple Line.
UB	Circumference under Bust.
AUB	Length from Axillary Crease to under Bust (UB)

Gastro Hole

Diameter of Gastro Holes are 6cm as standard. The measurements taken below indicate the position of the Gastro Hole. Complete for either Left or Right Side.

GU	Length from Umbilicus to Gastro Hole position above Umbilicus
GD	Length from Umbilicus to Gastro Hole position below Umbilicus
GR	Length from Umbilicus to Gastro Hole position on Right from Umbilicus
GL	Length from Umbilicus to Gastro Hole position on Left from Umbilicus.