

39320 Trousers

Measuring Guidelines

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.

C	Chest circumference in line with Anxillary Crease
U	Umbilicus circumference
E	Circumference at End of garment
AS	Circumference level with Anterior Superior Iliac Spines (ASIS)
UE	Length from level with Umbilicus to where the garment should end. Take measurement along the side of body following the body shape. If Vest should end above Umbilicus record the length as a minus (-) measurement.
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. If the Patient wears nappy / pad, measure to the side of nappy / pad.

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