Measuring Guidelines BODY

Orange & square = length

Blue & circle = circumference

Please note that all measurements should be taken in centimetres (cm). The measuring tape must lay against the skin. Do not pull the measuring tape. All measurements should be taken while the patient is standing and has a normal breathing pattern. It may be useful to mark the area to be measured on the patient's skin using a non-permanent marker.

B	Circumference chest in line with nipples
UB	Circumference under breast (only female)
W	Circumference torso at waist
AS	Around point level with Anterior Superior Iliac Spines (ASIS)
SU	Top of Sternal Notch to Waist
WW	Waist to Waist
SCV	From Seventh Cervical to axillary crease (place a pencil or ruler under both arms of patient to ensure arms do not move, this will ensure a correct length measurement is recorded)
L/R2	Around arm level with axilla
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 (only for long and ¾ sleeve)
L/R 6	Around wrist at point where sleeve ends (only for long and ¾ sleeve)
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 (only for long and ¾ sleeve)
L/R9	Circumference of leg, level with groin and gluteal fold at an angle of 90 degre-
es	
AEL/R	Axillary crease to end of garment (only for short and ¾ sleeve)

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Allard International
Karbingatan 38, 254 67 Helsingborg, Sweden | +46 42 25 27 00 | info@allardint.com | allardint.com