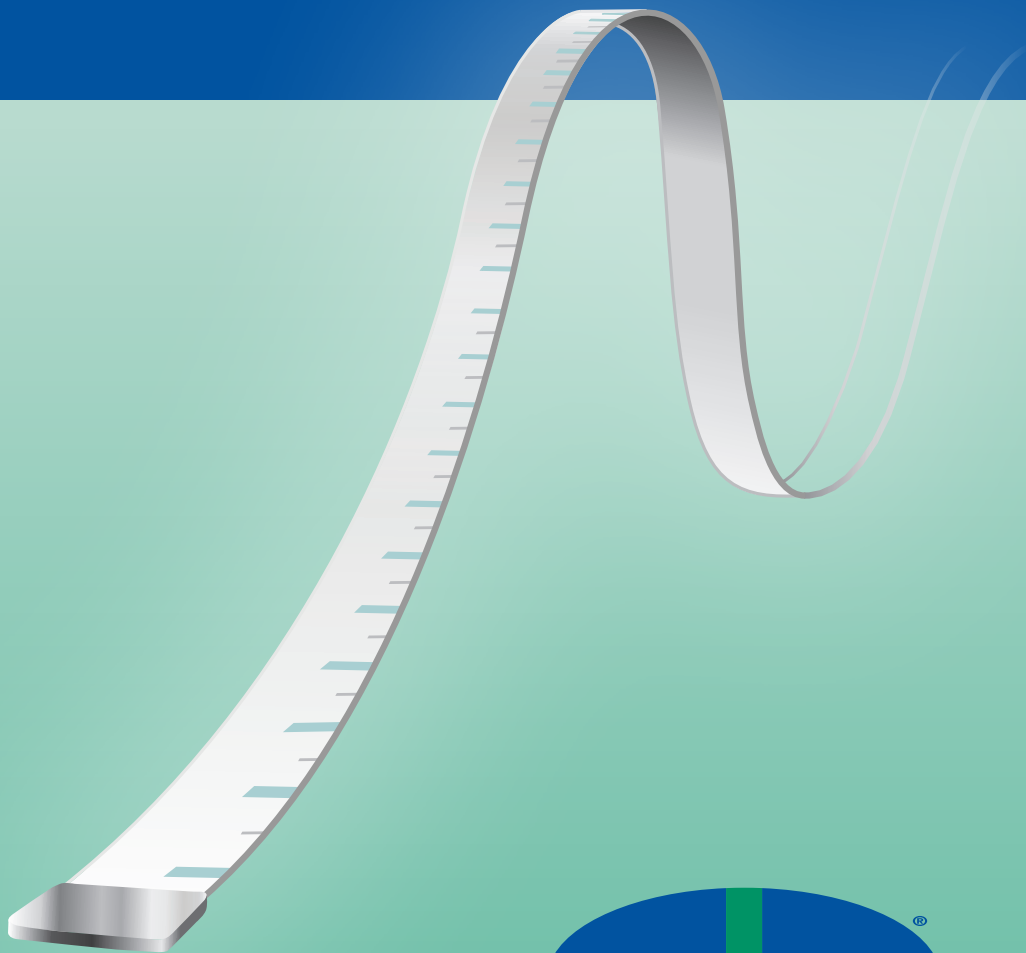


# HADDENHAM CUSTOM MEASUREMENT INSTRUCTIONS



Haddenham Healthcare

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This booklet is designed to be used alongside Haddenham Healthcare measurement charts.

This booklet does not replace formal training but is designed as a guide. The measuring of compression garments for lymphoedema should only be carried out by someone who has undertaken an appropriate course.

Haddenham Healthcare accept no responsibility for the measurement or fitting of garments

Haddenham measurement charts can be downloaded from our website [www.hadhealth.com](http://www.hadhealth.com)

**CUSTOM  
GARMENTS  
LOWER LIMB**



**MEASUREMENT FORM**  
available at [www.hadhealth.com](http://www.hadhealth.com)



## Lower Limb Length Measurements



### FOR OPEN TOE:

Measure the foot length from the heel to the base of the big toe



### FOR CLOSED TOE:

Measure from the heel to the top of the big toe.

## Length Measurements required:

- Heel to base of big-toe  (open toe)
- Heel to top of big-toe  (closed toe)
- + Heel to base of big toe  (slant cut)
- Heel to base of little toe



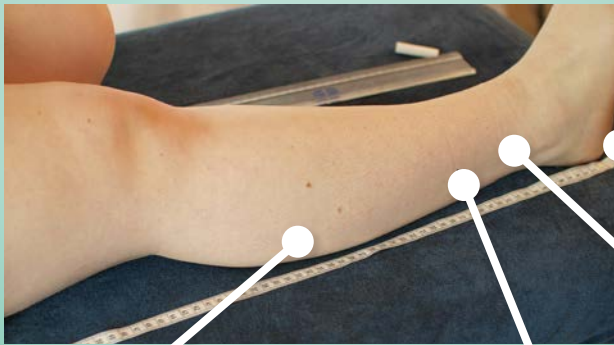
### FOR SLANT CUT OPEN TOE:

1. Measure inside foot from the heel to the base of the big toe
2. Measure outside foot from heel to the base of the little toe



## Lower Limb Length Measurements

All length measurements should be taken straight with the patient lying or sitting (up to f) and standing for thigh-high and panty garments.



**A** where the heel meets the floor

**b** is approx 2cm above the malleolous

**c** The largest girth of the calf : approximately 10cm above  $B^1$

$b^1$  where the calf starts to develop approximately 10cm above b

**TIP:** Please note the difference between 'A' being the floor and 'a' the circumference measurement at the base of the toes



## Length Measurements required:

**A-b**

**A-e**  (thigh-high and tights only)

**A-b<sup>1</sup>**

**A-f**  (thigh-high and tights only)

**A-c**

**A-g**  (thigh-high and tights only)

**A-d**

Note: When ordering a below knee garment that is not a full A-D but over measurement B1 will be charged as a full below knee garment.



**g** is the position you would like the garment to finish when measuring for thigh length garments

**f** mid-thigh

**e** Around the knee

**d** Approximately 3cm or 2 finger widths below the popliteal crease



**TIP:** As you take the length measurements mark the measurement points on the limb with a skin marker, ready for taking the corresponding circumference measurements in the next step



## Lower Limb Circumference Measurements

Take circumferential measurements at the points established on pages 6 & 7.

**a** is the measurement around the base of the toes



**h** is the measurement around the heel and over the top of the foot. To ensure a comfortable fit, ask the patient to dorsi-flex the foot and then relax slightly. The measurement is taken with the foot slightly relaxed to obtain the measurement in between, complete dorsi flexion and plantar flexion.

# Circumference Measurements required:

- |                        |                                       |                                       |
|------------------------|---------------------------------------|---------------------------------------|
| <b>a</b> ✓             | <b>c</b> ✓                            | <b>g</b> ✓ (thigh-high & tights only) |
| <b>h</b> ✓             | <b>d</b> ✓                            |                                       |
| <b>b</b> ✓             | <b>e</b> ✓ (thigh-high & tights only) |                                       |
| <b>b<sup>1</sup></b> ✓ | <b>f</b> ✓ (thigh-high & tights only) |                                       |

**e** ensure the knee is slightly bent when measuring the circumference of this point

Do not use tension when measuring point e, ensure that the tape is not laid into the back of the knee or any skin folds.



f d c

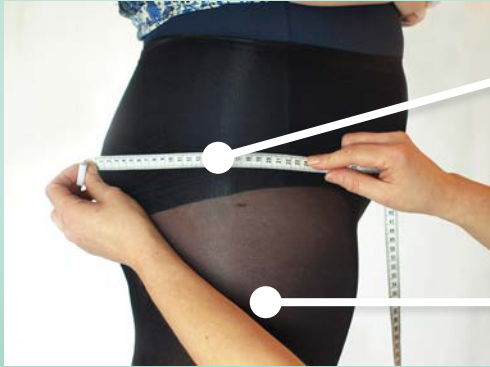


**g** is the position you would like the garment to finish when measuring for Thigh length garments

**TIP:** Compression can be influenced by increasing the tape measure tension over the belly of a muscle. It is not recommended that this happens over any joints. If influencing tension over muscles be mindful of 'Laplace's Law' and that too great a tension could cause reverse flow down the limb.



## Additional Measurements for tights



**j** is the circumference at the widest part around the buttocks/hips

**g** When measuring for tights **g** is in line with the gluteal fold

**t** where you want the tights to finish. Ask the patient to indicate this with their hands. The natural waist is the ideal place. (Note: **g-t** usually measures 30cm in length on standard garments)



## Circumferences:

**j**  (tights only)

**t**  (tights only)

## Lengths:

**g-t**  (tights only)

**j-t**  (tights only)

**t-pubic bone**  (tights only)

**t-gluteal fold**  (tights only)



### t-pubic bone

Measure from **t** over the abdomen to the pubic bone. If the abdomen is heavy apply gentle pressure when measuring. If the abdomen is very heavy it is useful to bandage the lower torso and then take the measurements. This gives a better fit and mimics the action of garments.



### t-gluteal fold

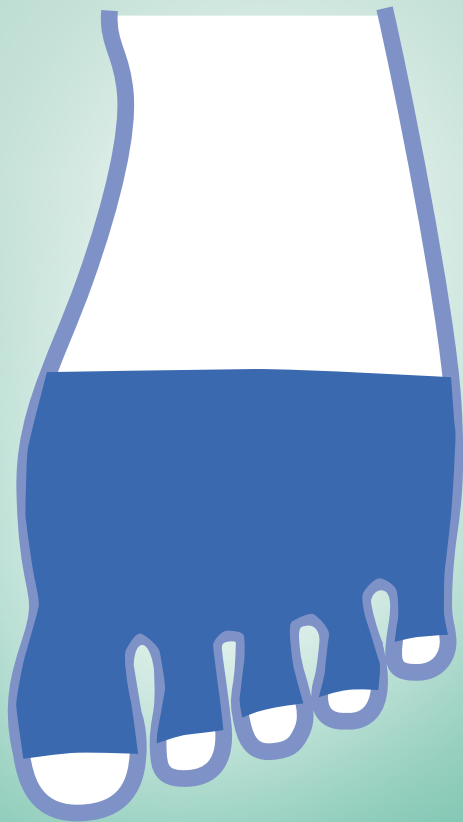
Measure from **t** over the buttocks to gluteal fold. Be aware if measuring larger patients the garment may slip when they sit down - you may need to increase the length to accommodate this. Ensure you follow the contour of the buttock.



### g-t & j-t

Measure the straight length at the side

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GARMENTS  
TOE CAPS**



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## Toe Cap Length Measurements



length 1  
from the base of the big toe to a<sup>1</sup>

length 2  
from the base of the little toe to a<sup>1</sup>





## Length Measurements required:

length 1



1,2,3,4,5

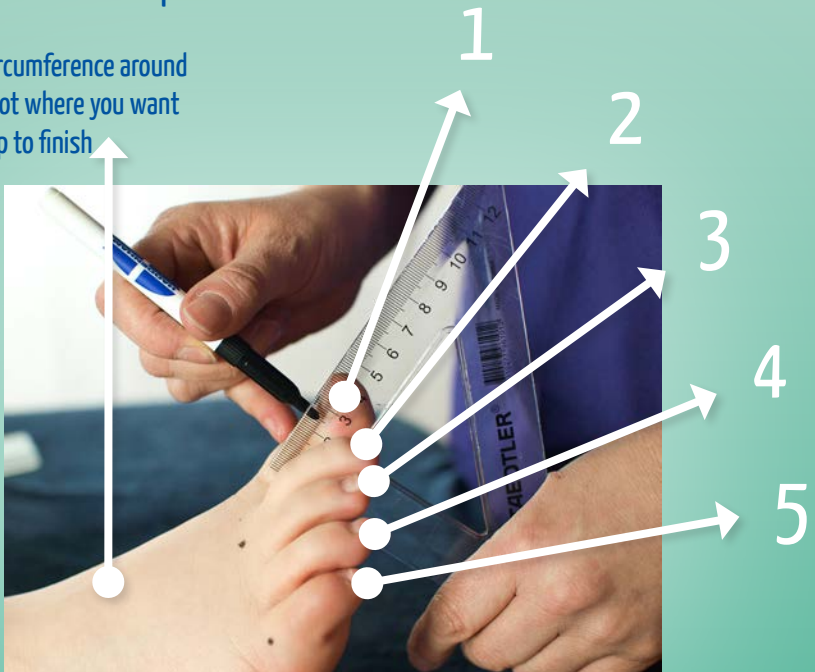


length 2



Measure the length of each to the point where you want the stubs to end (not necessarily the full length of the toe). Lengths should be taken from the webspaces between toes.

$a^1$  the circumference around the foot where you want the toe cap to finish





## Toe Cap Circumference Measurements



**a** the circumference around the ball of the foot



**a<sup>1</sup>** the circumference around the foot where you want the toe cap to finish

# Circumference Measurements required:

**a**

**BOTTOM 1,2,3,4,5**

**a<sup>1</sup>**

**TOP 1,2,3,4,5**

1. Measure the circumferences of each toe at the base of the toe (bottom circumference)
2. Measure the circumference of each toe where you want the toe stubs to end (top circumference).



**CUSTOM  
GARMENTS  
UPPER LIMB**



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## Upper Limb Length Measurements

The arm should be well supported with the palm facing up if possible. Take the measurements on the inside of the arm as far as possible. Identify on the form if the arm is measured in a different position.

**c** is the wrist, ideally take this measurement above the ulna styloid process. This is at the point where the sleeve will start

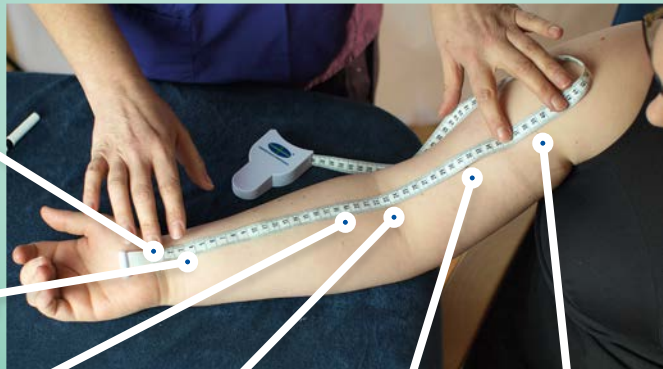
**c** approx 3cm above c (between 3 and 5cm is normal)

**d** is widest mid forearm

**e** is the elbow (ensure the elbow is slightly bent)

**f** is mid upper arm

**g** top of the arm where you want the sleeve to finish



# Length Measurements required:

c-g

c-c<sup>1</sup>

c-d

d-e

e-f

f-g

g-g<sup>1</sup>  (slant top only)

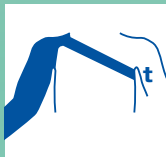
g-h  (shoulder cap only)



**g<sup>1</sup>** for slant tops  
(g-g<sup>1</sup> is usually up to 6cms)



**h** For shoulder cap and body strap options  
measure the length from the top of the sleeve over the shoulder to where you would like the bra strap to finish



## TIP: When ordering a shoulder cap + adjustable strap

- Please state Left or Right
- g-h measurement
- Measurement of strap length from top of shoulder g over the torso t and back to the start of the shoulder.

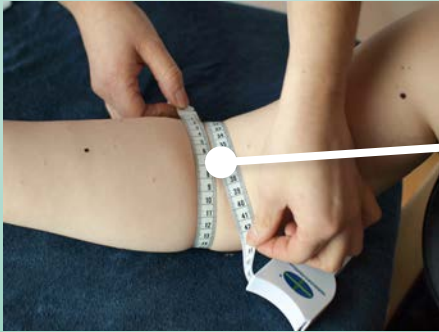


**TIP:** For a comfortable g measurement ask the patient to place a sheet of paper into the axilla to point where they would like the garment to finish



## Upper Limb Circumference Measurements

Measure the circumferences at each point from c



e ensure the elbow is slightly bent when taking the circumference at this point

Measure the circumferences at each point from c ensuring the elbow is slightly bent when measuring point e. Do not apply any tension to the measuring-tape when recording c, e, & g measurements.



# Circumference Measurements required:

**c**

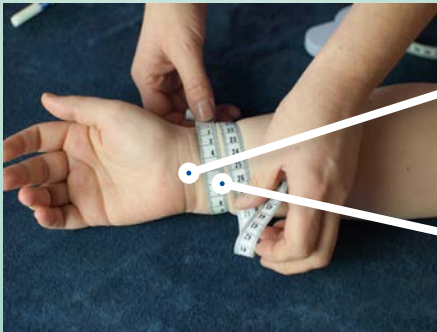
**c<sup>1</sup>**

**d**

**e**

**f**

**g**



**c** measure point c without tension. If the garment is too tight at this point it will cause reverse flow resulting in oedema to the hand

**c<sup>1</sup>** approx 3cm above c (between 3 and 5cm is normal)

**TIP:** Compression can be influenced by increasing the tape measure tension over the belly of a muscle. It is not recommended that this happens over any joints. If influencing tension over muscles be mindful of 'Laplace's Law' and that too great a tension could cause reverse flow down the limb.

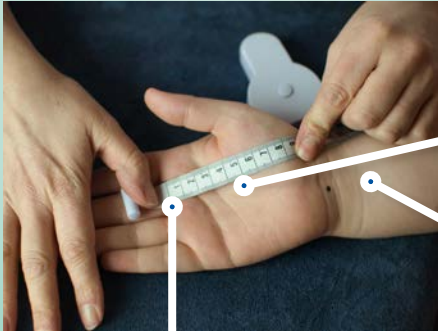
# Lengths required:

**a-b**  **1,2,3,4,5**

**a-c**

**a-c<sup>1</sup>**

## Glove Measurements

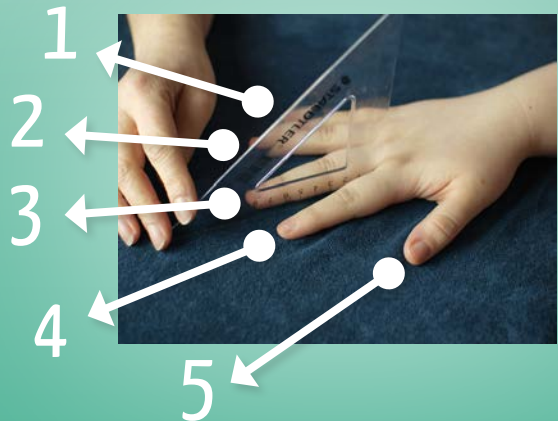


**a** the base of the fingers

**b** the base of the thumb webbing  
(ensure the thumb is relaxed) and  
the hand is flat

**c** <sup>1</sup>approx 3cm above c  
(between 3 and 5cm is normal)

Measure the length of each  
finger to the point where  
you want the finger stubs  
to end (not necessarily the  
full length of the finger).



## Circumferences required:

- |                |                                     |                |                                     |
|----------------|-------------------------------------|----------------|-------------------------------------|
| a              | <input checked="" type="checkbox"/> | BASE 1,2,3,4,5 | <input checked="" type="checkbox"/> |
| b              | <input checked="" type="checkbox"/> | TIP 1,2,3,4,5  | <input checked="" type="checkbox"/> |
| c              | <input checked="" type="checkbox"/> |                |                                     |
| c <sup>1</sup> | <input checked="" type="checkbox"/> |                |                                     |

Note: When ordering gloves to include measurements up to D this will be charged as combined glove and sleeve.



Measure the circumference of each finger taken at the **base** of the finger and the **tip** where you want the finger stubs to end

Measure the thumb, use the widest part around the **knuckle** measuring at a slight angle



## Additional Information

### LOWER LIMB

- For thigh waist attachments **make sure you give the waist circumference and take the length from 'g' to waist at the side.**
- For one legged panty option **if length for the half leg is not given it is made to 16cm from the crotch to the end of the garment.**
- **The total length of the garment includes the width of the grip-top.**
- **The panty part is available as normal body, half compression or full compression.**
- **If the limb is distorted please indicate in the comments box on the form. Otherwise we may query the measurements with you before making the garment.**
- **The standard toe section on a closed toe is 4cm**
  - This can be requested as 3cm for smaller feet/children or increased for clinical need e.g. bunion

## UPPER LIMB

- The total length of the garment includes the width of the grip-top.
- For distorted limb shapes please indicate in the comments box of the form. Otherwise we may query the measurements with you before making the garment.
- If the limb shape is distorted follow the contour of the limb. When measuring arms/wrists ensure 'C' is less than 'C1'.

## Additional Information

### GLOVES & TOECAPS

- Flat-Knit material has less stretch. If using for digits it can be tight therefore you may wish to increase the measurements slightly.
- When marking the position of 'A' and 'B' for gloves or mittens place the mark on the distal edge of the tape measure for the 'A' measurement. For the 'B' measurement place the mark on the proximal edge of the tape measure.

## OPTIONS TO CHOOSE (extra cost)

ZIP  
VELCRO FASTENER  
VELCRO STRAP



Should start below the narrowest point i.e. the 'B' measurement point on a stocking. For example, write "Zip from B to D on outside of leg" on form.

POCKET  
LINER  
PAD  
MALLEOLUS PAD



You need to indicate the size and position in the comments box. For example, write "10cm x 10cm pocket at the ankle crease for both legs" on form

$\frac{3}{4}$  GRIP TOP

This leaves inner thigh or inner arm free.

5cm x 5cm  
SQUARE(S) GRIP TOP

This is a partial grip top.



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