

Measuring Instructions

ArmAssist®

MedAssist garments are non-elastic, which require precise measurements. Measure arm when it has been reduced and limb volume is stable. Typically, the best time of day to measure is in the morning, during the later stages of Manual Lymph Drainage (MLD) therapy. There is usually a 1-2 week period of time between taking patient measurements and receiving the garment. If there is significant volume change during this time, the garment may not fit properly.

All measurements must be taken in a straight line, unless otherwise specified, with the tape measure **following the contour of the limb**. Do not pull the tape tight; hold it against the skin.

*Digital photos are required when irregular shapes are present.

STEP 1 - Locate Landmarks

1. Encircle arm with tape measure located as high as possible at axilla. Mark on the **proximal edge** of tape at the **anterior, dorsal, and posterior** aspects of arm, and record the **circumference** on the line labeled **Posterior Axilla**.
2. Encircle arm at the elbow with the **proximal edge** of a tape measure aligned at the elbow crease and the Olecranon Process (elbow). Mark the **dorsal** aspect of the arm along this edge, and record the circumference on the line labeled **Elbow (Ø Point)**.
3. Encircle arm at the wrist with the **distal edge** of a tape measure aligned with the ulnar styloid process. Mark the **dorsal** aspect of the arm along this edge, and record the circumference on the line labeled **Ulnar Styloid**.

STEP 2 - Locate Circumference Measurement Positions

1. Starting with "0" of the tape measure at your mark on the **dorsal** aspect of the **elbow**, mark the dorsal aspect of the proximal arm in 5cm (2in) increments up to the mark made for the **Posterior Axilla** on the **dorsal** aspect of the arm.
2. Starting with "0" of the tape measure at your mark on the **dorsal** aspect of the **elbow**, mark the dorsal aspect of the distal arm in 5cm (2in) increments up to the mark made for the **Ulnar Styloid** on the **dorsal** aspect of the arm.

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STEP 3 - Measure Lengths

1. Measure proximal arm from **anterior axilla** (inside armpit) to **elbow crease** and record length in box marked **Length A**.
2. Measure proximal arm from **posterior axilla** (outside armpit) to the **elbow** and record length in box marked **Length B**.
3. Measure the distal arm along dorsal aspect from the **elbow** (as marked at the mid-point between elbow and elbow crease) to the **Ulnar Styloid** as indicated on diagram and record length in box marked **Length C**.
4. Measure hand from your mark on dorsal aspect of wrist to the third metacarpal head and record length in box marked **Length D**.

STEP 4 - Measure Circumferences

1. Encircle arm with a tape measure at each mark located between the **elbow** and **axilla**, and record each circumferences on the line corresponding to each position.
2. Encircle arm with a tape measure at each mark located between the **elbow** and **Ulnar Styloid**, and record each circumference on the line corresponding to each position.

ArmAssist® Ordering Info and Item #s

ArmAssist®	
Comp.	Item #
30-40 mmHg	1000