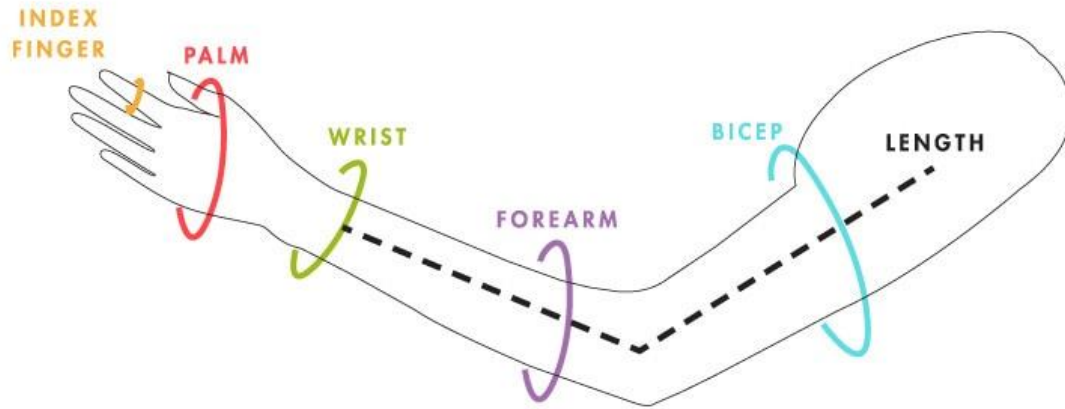


How to: Self measure Swollen Arm / Hand

Six measurements need to taken as shown in the diagram



As you take each measurement, ensure the tape is lying flat and not constricting your arm or leg

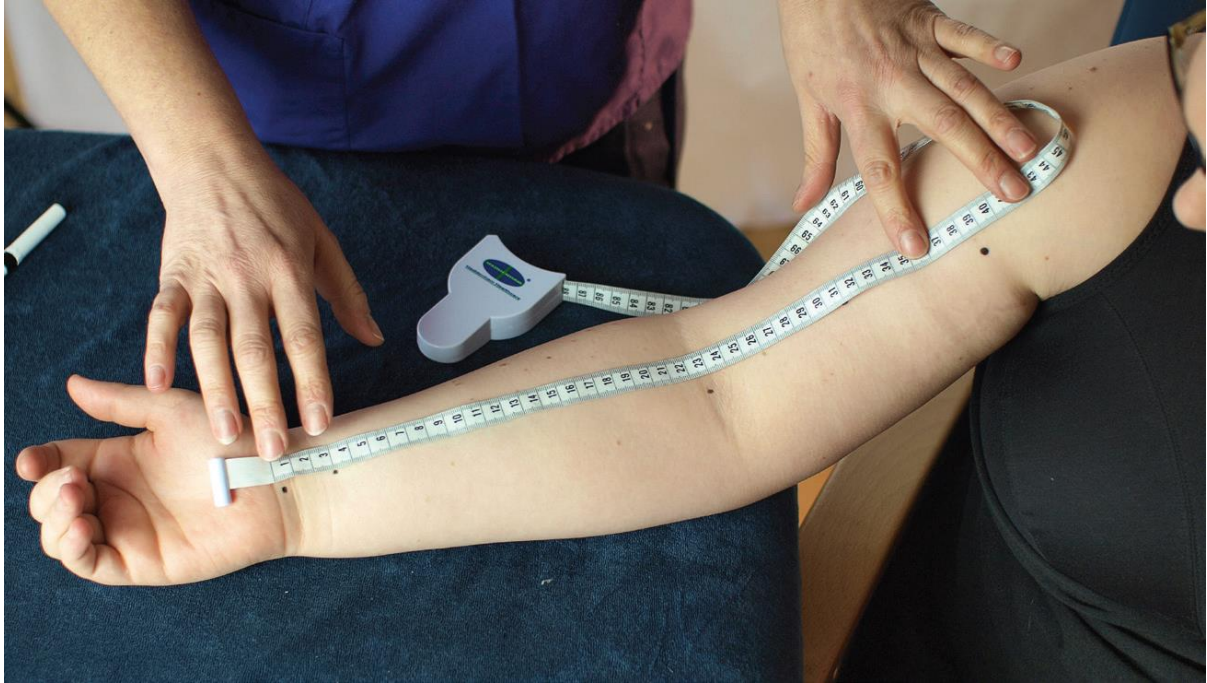


Correct



Incorrect – too tight

How to measure arm length for a garment



	LEFT ARM measures in centimetres	RIGHT ARM measures in centimetres
Index Finger		
Palm (not including thumb)		
Wrist		
Forearm		
Bicep		
Arm Length (shown in black on diagram)		