

A Guide to Help Measure for a New Arm/hand Compression Garment

This guide will help those who are self-monitoring their own lymphoedema, and able to self-measure for a new compression garment. It will help to inform healthcare professionals about any changes in your condition.

It is important to remember that garments will not fit properly if you have had a change in weight (either put on or lost weight).

Please write the measurements in the boxes on page 2.

If there is another specific part of the limb that is troublesome for you, please draw a line at that level onto the picture, and write in these length/circumference measurements too.

It is important to use the tape measure properly.

As you take each measurement, ensure the tape is lying flat and not pulling in tightly against your arm.



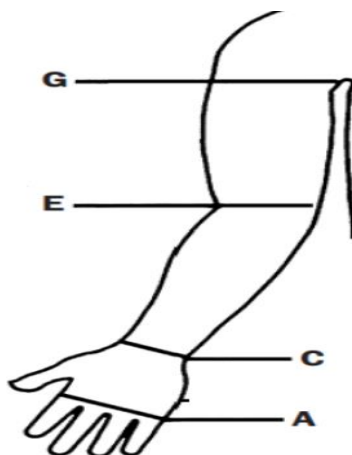
This tape measure is pulling in too tightly against the arm



This is a correct tape measure pressure

If you need a glove or an arm sleeve, please complete this set of measurements:

(A) Measure around the base of the fingers and write the measurement here in centimetres:	
(C) Measure around your wrist and write the measurement in centimetres here:	
(E) Measure around your elbow with your arm slightly bent. Write in the measurement here in centimetres :	
(G) Measure the circumference of at the top of your arm. Write in the measurement here in centimetres :	
LENGTH: Measure from your wrist (C) to the top of your arm below the armpit (G). Write in the measurement here in centimetres :	



If your garment prescription remains the same, please always compare the new garment when it arrives with an old one, and ensure that they look similar.

Please check the packaging details and the label inside the garment.

→ Contact your therapist immediately if they are not the same as your previous order.

(Photographs used with kind permission from the SHSCT and charts from Medi UK)