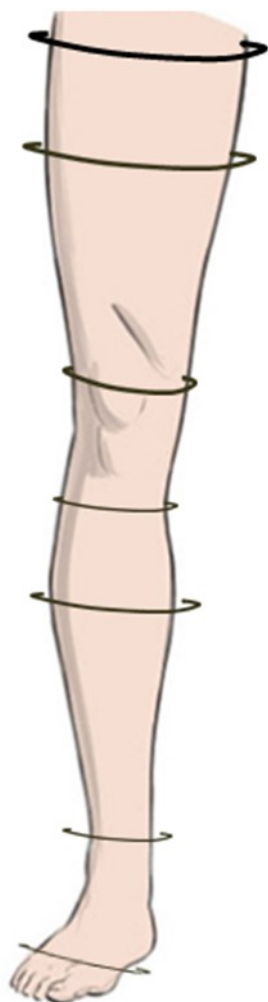


Self Measurement of leg and foot

Please take measures as shown below.

Please aim to measure in centimetres where possible.



G upper thigh

F mid thigh

E over kneecap

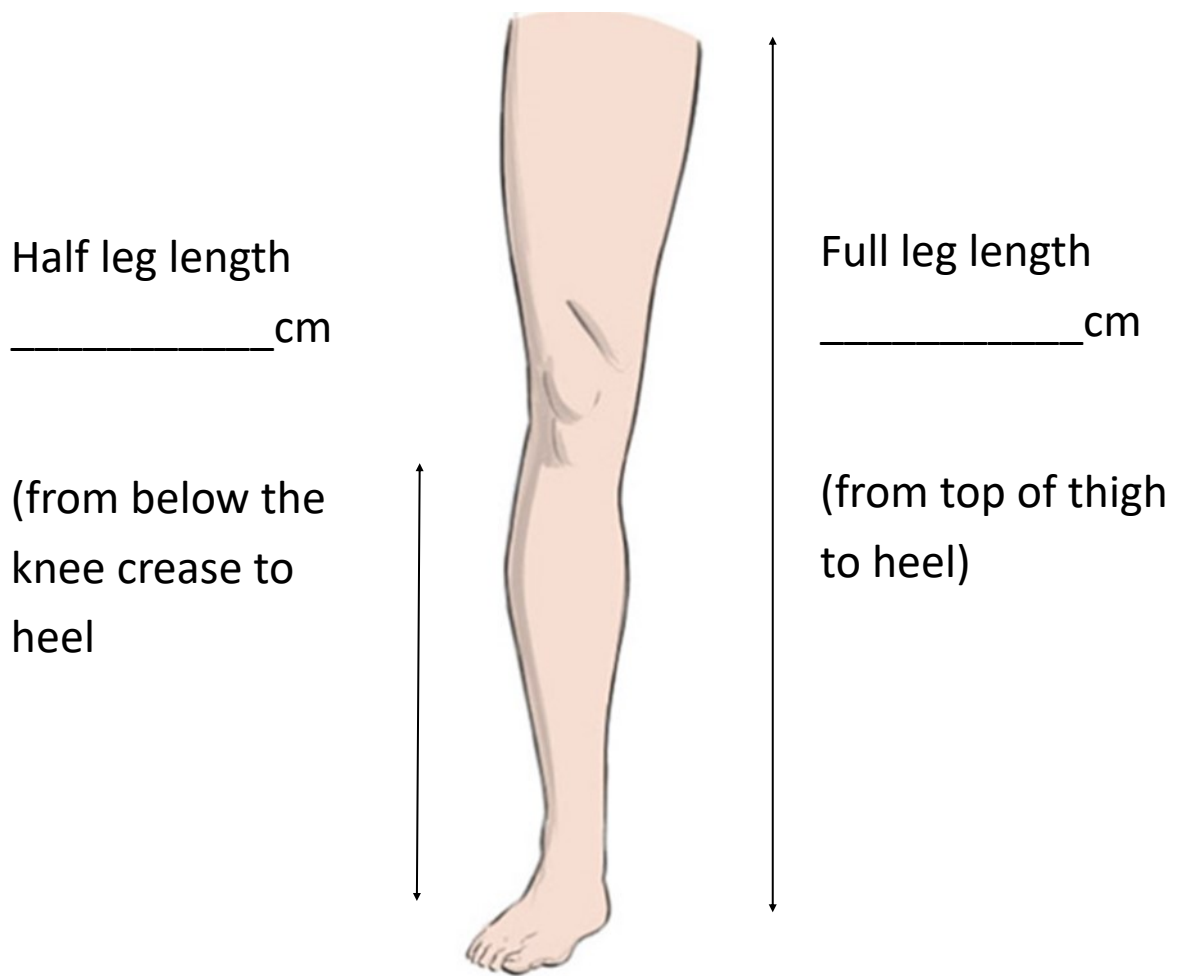
D 2 cm below knee crease

C widest calf

B 2cm above ankle bone

A base of toes– widest foot

	Left leg (cms)	Right leg (cms)
G		
F		
E		
D		
C		
B		
A		



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



Incorrect – too tight



Correct

Lymphoedema clinic contact details:

Please inform your therapist of your measures, if you fail to make contact as agreed you will be discharged from our service.