

## A Guide to Help Measure for a New Leg 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 leg.

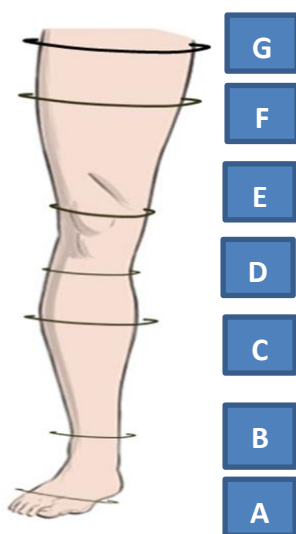


This tape measure is pulling in too tightly against the limb.



This is a correct tape measure pressure

**For a leg garment, complete the measurements shown and write into boxes:**



	Left leg (cms)	Right leg (cms)
<b>G</b> - upper thigh		
<b>F</b> - mid-thigh		
<b>E</b> - over kneecap		
<b>D</b> - 2 cm below knee crease		
<b>C</b> - widest calf		
<b>B</b> - 2cm above ankle bone		
<b>A</b> - base of toes– widest part of foot		
<b>LENGTH: half leg</b> – measure from the heel to <b>D</b>		
<b>LENGTH: full leg</b> – measure from the heel to <b>G</b>		

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

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

(Photographs used with kind permission from the SHSCT)