

Measuring for medical arm sleeves:

- Elvarex®
- Elvarex® Soft

Preconditions:

The extremity should be largely free of edema before measuring for the arm sleeve. The degree of edema can be checked before measuring by pressing the arm firmly with the finger: if edema is present, pitting is observed which does not

immediately disappear. If this is the case the patient should not be measured for compression garments and the extremity should first be decongested (e.g. by compression bandaging and manual lymph drainage).

Procedure:

The measurements to be taken after edema removal depend on the type of arm sleeve required. During the measurements the patient sits with the arm slightly angled and the palm of the hand facing upwards on the table.



First determine the measurement points:



1. Draw the measurement points on the skin with the marker pen. Measurement points A, B and C should be determined in the same way as for "measuring for gloves" (see poster).



2. The next measurement point D is located roughly in the middle between C (wrist) and E (angle of elbow).



3. Mark measurement point E in the angle of the elbow.



4. Define measurement point F in the middle of the upper arm.



5. Measurement point G is at the level of the axillary cavity. **Tip:** This point is easiest to determine by inserting a JOBST Flexi-Card or folded piece of paper into the armpit and bending it at a right angle around the upper arm.

After all measurement points have been marked, take the circumferential measurements.



6. Determine circumference C below the wrist. **Tip:** if the patient has already been measured for a glove, the same C measurement can be used. **Important!** Do not pull the tape measure tight.



7. Determine circumference D.



8. Measure circumference E over the elbow with the arm slightly angled.



9. Measure circumference F around the middle of the upper arm.



10. Measure circumference G with the tape measure placed circularly around the upper arm.

Finally, take the length measurements on the arm.



11. Determine length C-D.



12. Determine length C-E.



13. Determine length C-F. Press down the tape measure in the angle of the elbow.



14. Determine length C-G.



15. Measure length G-H from axilla to the middle of the bra strap.



16. Determine the length for the support strap from middle of the bra strap down to the waist and around posteriorly back up to the bra strap.



17. Measure the width of the bra strap.