

JOBST® Elvarex® Lymphedema Garments

Measuring Guide for Lower Extremity Compression Garments



1 Take circumferential measurement **A** at the 5th MTP (base of little toe) joint.



2 **Foot length closed toe:** from the tips of the toes to end of the heel.
Foot length open toe: from the 5th MTP joint to the end of heel. (Best taken from foot outline).



3 Take circumferential measurement around the instep and heel at maximal dorsiflexion (flex toes toward head).



4 Measure circumference **B** and length **B** above the ankle at the narrowest point of the calf.



5 Measure circumference **B1** and length **B1** at the Achilles tendon/calf transition (8-10 cm above B).



6 Measure circumference **C** and length **C** at the greatest calf circumference.



7 Measure circumference **D** and length **D** at the tibial tuberosity (two finger widths below the kneecap).



8 Measure length **E** to the middle of the kneecap with the leg extended.



9 Measure circumference **E** (knee circumference) at the middle of the patella (kneecap), with the leg flexed at a 45° angle.



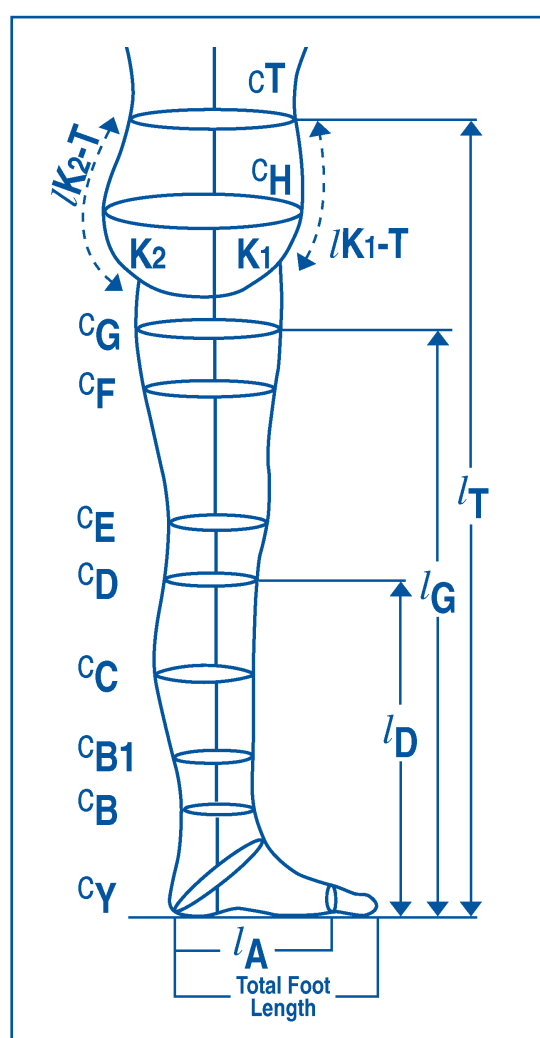
10 Measure circumference **F** and length **F** at the middle of the thigh.



11 Measure circumference **G** and length **G** at the greatest thigh circumference.



12 Measure the length from the gluteal fold to heel.



For compression pantyhose, also take the measurements in diagrams 1-5. To aid in patient comfort, take these measurements loosely.



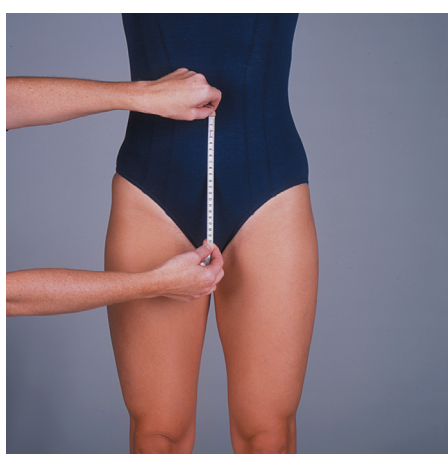
1 Measure circumference **T** at the waist.



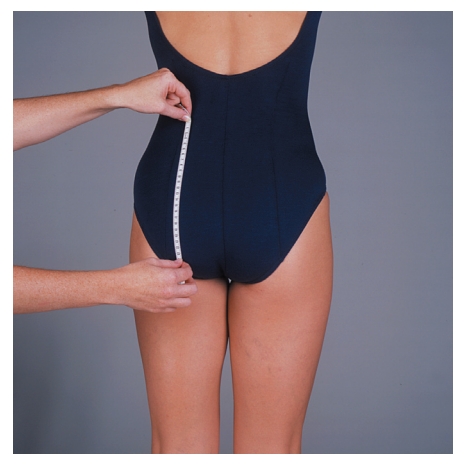
2 Measure circumference **H** at the level of the greatest circumference around the hips. Length **H** is taken from this same level to the floor.



3 Measure length **T** from the floor to the waist.



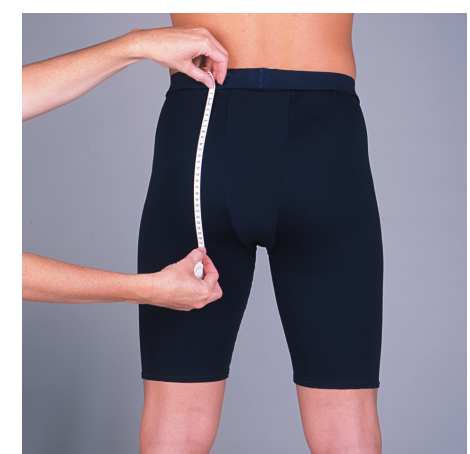
4a **FEMALE: k₁** - Measure the length of the pressure panty from the waist to pubic symphysis (beginning of the crotch seam in panties).



4b **FEMALE: k₂** - Measure the length of the pressure panty at the back from the waist to the beginning of the crotch seam in panties.



5a **MALE: k₁** - Measure the length of the pressure panty at the front from the waist to the crotch at the level of the inseam.



5b **MALE: k₂** - Measure the length of the pressure panty at the back from the waist over the buttocks as far as the gluteal fold.

- For complete measuring and fitting instructions, please refer to Elvarex® Measuring CD. We recommend you use an Elvarex® measuring board as an aid. Measure when the limb is at its smallest.
- Place the patient in a supine position (lying down) on the Elvarex® measuring board with the heel firmly positioned against the foot portion of the board.
- If the patient is unable to lie on the Elvarex measuring board, other positions can be used.