

Measuring Guide *general guidelines to measuring (all measurements are in cm)*

Circumferential measurements (Blue)

- The tape should be wrapped around the body part and the measurement taken to skin without tension unless stated.

Length measurements (Orange)

- Make sure that the tape is lying against the skin but do not pull it.
- One can use the 'body tape' to ensure accuracy by measuring to the same point each time.

The Points for Measurement for gloves, gauntlets, sleeves (as shown on the measurement form):

R & L2 Around base of thumb level MCP joint.

R & L1, 3, 4, 6, 7, 9, 10, 12, 13 Around proximal IP and distal IP joints.

R & L15–19 Length of fingers to distal IP joint (or required length).

R & L20 Distance from base of index finger to base of thumb (palm open with meta-carpals abducted) or from palmar crease to base of thumb for gauntlet.

R & L21 Length of palm from base of second web space to wrist crease.

R & L22 Palmar circumference (ensure that the palm is opened out fully).

R & L23 Length of palm from base of fourth web space to wrist crease.

R & L24 Around wrist.

R & L25 Distance from wrist crease to half way up desired length of SDO.

R & L26 Circumference at mid length of SDO.

R & L27 Distance from mid point of SDO to desired full length.

R & L28 Circumference at point at which SDO finishes.

R & L4 Around arm level with axillary crease or top of sleeve. Arm should be by the side in lying.

R & L5 Midway between axillary crease and elbow (may be at point of insertion of deltoid or muscle belly of biceps) reduce 'at rest' measurement by 1/2 cm.

R & L6 Around elbow joint with arm extended.

R & L7 Around point of the forearm where the muscle bulk is greatest, reduce 'at rest' measurement by 1/2 cm.

R & L8 Around point of forearm at musculo-tendinous junction (approximately 1/3 of forearm up from the wrist).

R & L9 Around wrist at point where the sleeve to ends.

R & L10 Place tip of tape at the axillary crease and measure to elbow.

R & L11 From elbow to wrist crease along the ulnar border.