

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.
- When measuring A & B allow patient to settle into a regular breathing pattern and take measurement at resting point i.e. not full inspiration or expiration.

Length measurements (Orange)

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

The Points for Measurement for a leotard (as shown on the measurement form):

Crotch	Waist to Waist through legs
Shoulder	Base of neck to acromion process (only for leotard with no sleeves)
Garment Length	Waist to the end of leotard

R & L22 Place end of tape at the axillary crease and measure down side to end of garment.

- A** Around umbilicus 1cm less than 'at rest' circumference.
- B** Around chest in line with the axillary crease.
- C** Place end of tape at the axillary crease and measure down side to a point level with umbilicus.
- D** Down side from point level with umbilicus to Anterior Superior Iliac Spines (ASIS).
- E** Around the base of the neck.
- F** From one or two finger breadth below sternal notch to umbilicus.
- J** Around point level with anterior superior iliac spines (ASIS).
- R & L2** Place end of tape at the base of the neck (at the point where the suit needs to end) take the tape under the axilla and back to the same point. Arm should be by the side and scapula against. You should be able to get one finger under the tape measure at the front of shoulder.
- R & L3** Around the shoulder joint over the acromion. Arm should be by the side and scapula against. You should be able to get one finger under the tape measure at the front of the shoulder.
- R & L4** Around arm level with axilla. Arm should be by the side.
- R & L5** Midway between shoulder and elbow (may be at point of insertion of deltoid if defined 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 sleeve ends.
- R & L10** Place end of tape at the axillary crease and axilla measure to elbow in line with the cubital crease.
- R & L11** From elbow in line with the cubital crease to wrist crease along ulnar border of forearm.

Additional Measurements

- For a sleeveless leotard then ensure that the width from base of neck to acromion process is recorded.