

Guidelines for measuring for a SDO Garments

General guidelines to measuring (all measurements are in cm)

Circumferential measurements

- 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

- Make sure that the tape is lying against the skin but do not pull it

Suit

- A** Around umbilicus on tension (1cm less than “at rest” circumference)
- B** Around chest in line with the axilla
- C** Place end of tape into axilla measure down side to a point level with umbilicus
- D** Down side from point level with umbilicus to ASIS
- E** Around the base of the neck
- F** From one finger breadth below sternal notch to umbilicus or required front length
- J** Around point level with anterior superior iliac spines (ASIS)
- R & L22** Place end of tape into axilla and measure down side to mid patella or to required length of leg if above knee
- 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. You should be able to get 1 finger under the tape measure.
- R & L3** Around the shoulder joint over the acromion. Arm should be by side. You should be able to get 1 finger under the tape measure.
- 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) on slight tension (reduce “at rest” measurement by ½ cm)
- R & L6** Around elbow joint with arm extended
- R & L7** Around point of the forearm where the muscle bulk is greatest (approximately 1/3 of forearm down from elbow)
- 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 & L1** Place end of tape into axilla measure to elbow in line with the cubital crease
- R & L11** From elbow in line with the cubital crease to wrist
- R & L13** Around leg level with the groin and gluteal fold
- R & L13A** Around mid-thigh
- R & L14** Around leg at supra patellar margin
- R & L15** Around knee joint (In line with mid patella)
- R & L16** Around leg at upper margin of tibial tuberosity
- R & L17** Around bulk of calf
- R & L18** Around mid calf - not the bulkiest part but at point of musculo-tendinous insertion of gastrocnemius if defined
- R & L19** Around upper margin of medial malleolus
- R & L20** Place end of tape into groin and measure to knee joint in line with mid-patella or required leg length if shorts
- R & L21** From knee joint in line with mid-patella to upper margin of medial malleolus
- Instep** Around instep or waist of the foot

Vest

Back length

Measure from C7 to required length

Front length

Waist to required length

Gloves and Sleeves

R & L2, 5, 8, 11 & 14	Around base of fingers level with the web spaces
R & L1, 3, 4, 6, 7, 9, 10, 12, 13	Around 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 metacarpals abducted)
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 axilla or top of sleeve. Arm should be by the side in lying
R & L5	Midway between axilla and elbow (may be at point of insertion of deltoid or muscle belly of biceps) on slight tension (reduce “at rest” measurement by ½ cm)
R & L6	Around elbow joint with arm extended
R & L7	Around point of the forearm where the muscle bulk is greatest (approximately 1/3 of forearm down from elbow)
R & L8	Mid point of forearm close to musculo-tendinous junction
R & L9	Around wrist at point where the sleeve to ends
R & L10	Place tip of tape into axilla measure to elbow
R & L11	From elbow to wrist

Socks

R & L13	Around leg level with groin and gluteal fold
R & L14	Around leg at supra patellar margin
R & L15	Around knee joint (In line with mid patella)
R & L16	Around leg at upper margin of tibial tuberosity
R & L17	Around mid calf (at point of musculo-tendinous insertion of gastrocnemius if defined)
R & L19	Around upper margin of medial malleolus
R & L20	Mid-patella to groin
R & L21	Upper margin of medial malleolus to knee joint or required length if below knee
R & L24	Around foot and heel under malleoli
R & L25	Around instep
R & L26	Around metatarsal heads
R & L27	From upper margin of medial malleolus to sole of foot
R & L28	From metatarsal heads to heel medially
R & L29	From metatarsal heads to tip of toes medially
INSTEP	Around instep or waist of the foot