

Taking measurements for medical compression stockings

For a perfect fit and medically proper pressure gradation, it is essential that leg measurements be taken with due care and precision. Perfectly fitting stockings prevent the development of congestion and improve the acceptance by patients of compression therapy.

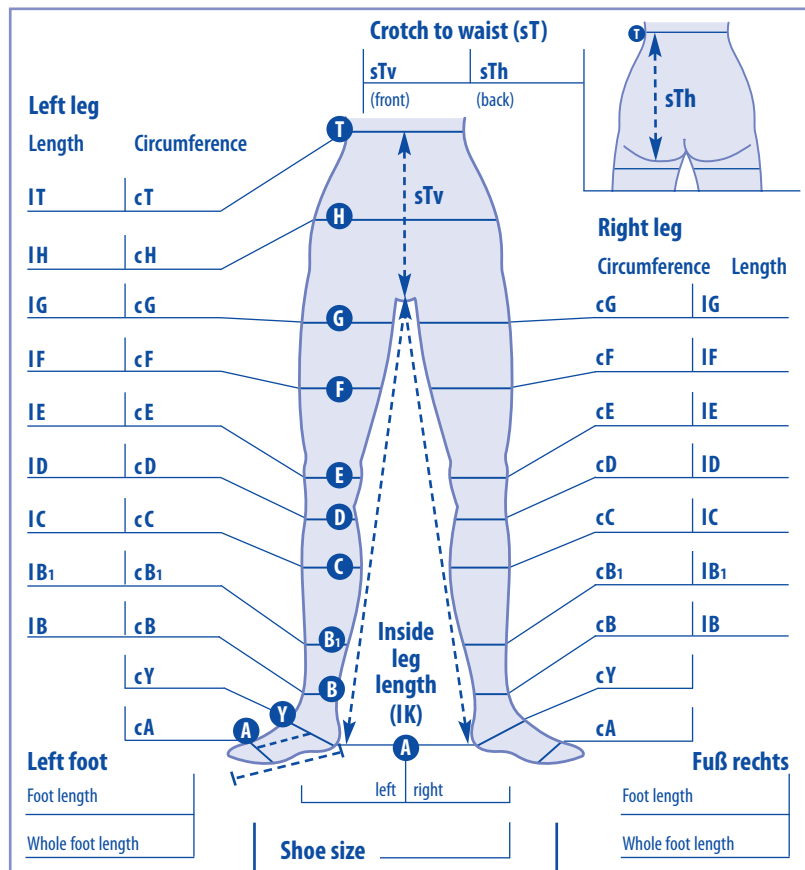
Legs must be free of clothing and free of edema for measurements to be taken (finger pressure test in the ankle area – an indentation will persist after the pressure is relieved in case of edema). The ideal time to take measurements is in the morning or immediately upon the removal of a compression bandage.

The edema-free leg should be measured whilst the patient is in a standing position. The leg that is measured must be the standing leg. If the patient is to be fitted with stockings for both legs, each leg must be measured separately.

The **circumference** should be measured first, whereby the various measuring points of the circumference measurements should be marked using a pen suitable for use on the skin. The **length** can then be measured easily using these marked points.

Measurements should be taken **from the feet upwards**. Each measurement is to be taken at the leg measuring points stipulated in the table.

Measurement diagram (all measurements in cm)



Explanations for measuring points

(in compliance with the most up-to-date German RAL requirements)

Measuring point	Circumference (= c)	Length (= l)
T	cT waist	IT* from heel to circumference cT
		sTv from crotch to cT (front) measured vertically
		sTh from gluteal fold to cT (back)
H	cH hip, circumference of the trunk at its widest point (buttocks)	IH* from heel to circumference cH
		IK/Inside leg from heel to crotch measured on the leg
G	cG no precise stipulation, at top of thigh (2 fingers wide below the crotch)	IG from heel to circumference cG
F	cF no precise stipulation (approx. 15 cm above cE)	IF from heel to circumference cF
E	cE around the knee-cap and hollow of the knee (with knee bent slightly)	IE from heel to circumference cE
D	cD below the knee-cap (2 fingers wide under the hollow of the knee)	ID from heel to circumference cD
C	cC widest calf circumference	IC from heel to circumference cC
B ₁	cB ₁ base of the calf (in the middle of cB and cC)	IB ₁ from heel to circumference cB ₁
B	cB ankle (the slimmest part of the lower leg, smallest leg circumference)	IB from heel to circumference cB
Y	cY heel – instep region (foot should be bent upwards as far as possible)	
A	cA circumference at the base of the little toes	Foot length from heel to circumference cA
		Whole foot length from heel to the tip of the toes

* Press measure tape to the leg at points D and F

Taking measurements for medical compression sleeves and gloves

Correct and exact measurement is the crucial requirement if a compression glove or arm sleeve is to have a good fit and provide the right medical pressure flow.

Measurements are taken **on the inside of the naked arm** hanging downwards (the elbow automatically being included in the process). The hand is also measured on the **inside of the palm**. The circum-

ferences are first measured, the measuring points being marked with a skin pen at the same time. The lengths can then easily be measured on the basis of the points marked.

Measurement diagrams (all measurements in cm)

Left arm		Right arm	
Length	Circumference	Circumference	Length
G-H	cH	cH	G-H
C-G	cG	cG	C-G
C-F	cF	cF	C-F
C-E	cE	cE	C-E
C-D	cD	cD	C-D
C-C ₁	cC ₁	cC ₁	C-C ₁
	cC	cC	
A-C	cB	cB	A-C
A-B	cA	cA	A-B

Palm and wrist	
Length	Circumference
A-B	
A-C	
A-C ₁	
	cA
	cB
	cC
	cC ₁
Fingers	
Length	
X-Y	
Y-W	
Finger closed	
Circumference	
cW	
cY	
cX	

Explanations for measuring points

(in compliance with the most up-to-date German RAL requirements)

	Measuring point	Circumference (= c)	Length
SLEEVES	H	cH from middle of collarbone of one arm to below armpit of the other arm	H-G from circumference cG to middle of collarbone
	G	cG arm below armpit	G-C from wrist to circumference cG
	F	cF widest part of upper arm	C-F from wrist to circumference cF
	E	cE elbow	C-E from wrist to elbow
	D	cD widest part of lower arm	C-D from wrist to circumference cD
	G	cC ₁ middle of lower arm	C-C ₁ from wrist to circumference cC ₁
	C	cC wrist	
	B	cB hand at height of base of the thumb (measure straight)	
	A	cA hand at height of basal joint of the little finger (measure straight)	A-C from circumference cA to wrist A-B from circumference cA to circumference cB
GLOVES	W	cW finger at beginning of nail bed	
	Y	cY finger at middle joint	Y-W from circumference cY to circumference cW
	X	cX finger at basal joint	X-Y from circumference cX to circumference cY
	A	cA palm at height of base of the little finger (measure straight)	A-B from circumference cA to circumference cB
	B	cB palm at height of base of the thumb (measure straight)	
	C	cC wrist	A-C from circumference cA to circumference cC
	G	cC ₁ lower arm at required end point of the glove (depends on individual customer request)	A-C ₁ from circumference cA to circumference cC ₁

Finding the right size

3 steps to the right stocking size:

- 1 ▶ Find in which size the cB measure fits
- 2 ▶ Compare each measure of the patient with each of the other measures of the defined size
- 3 ▶ No discrepancy? Size order!
▶ Discrepancies? Made-to-measure order!

Table of sizes BELSANA microsoft/BELSANA vivere

Circumference (cm)		Measuring point					Length (cm)	
extra wide panty part	75-100 70-90	80-110 75-105	85-120 80-110	95-130 90-120	100-135 95-125	c T/U c T	IT	
extra wide panty part	90-115 90-105	95-125 95-115	100-140 100-130	105-145 105-135	115-155 115-145	c H/U c H	IK A-T Crotch	short 69-78 cm long 78,1-88 cm
for tights	46-67	49-71	52-74	56-79	58-84	c G	IG A-G Leg	short 65-74 cm long 74,1-84 cm
extra wide grip top	56-67 46-56	60-71 49-60	63-74 52-63	67-79 56-67	72-84 58-72			
	39-53	41-56	45-60	46-62	47-64	c F	IF	
	31-40	35-43	37-47	39-49	41-52	c E	IE	
	28-35	30-38	33-41	35-44	37-47	c D	ID A-D Shaft	short 34-38 cm long 38,1-43 cm
	29-36	32-40	34-43	37-45	39-48	c C	IC	
	23-29	25-32	27-34	30-37	33-40	c B ₁	IB ₁	
	19-20	20,1-22	22,1-24,5	24,6-27	27,1-30	c B	IB	IA
	I	II	III	IV	V			

Table of sizes BELSANA classic E

Circumference (cm)		Measuring point					Length (cm)		
extra wide panty part	68-92 60-85	73-98 65-90	84-104 75-95	89-110 80-100	91-115 82-105	94-122 85-110	100-130 90-115	c T/U c T	IT
extra wide panty part	78-103 70-95	83-108 75-100	94-124 85-115	99-135 90-125	104-140 95-130	109-145 100-135	115-160 105-150	c H/U c H	A-G / A-T Crotch
with extra wide grip top	49-57	53-62	57-67	61-72	65-77	69-81	73-85	c G	IG
with grip top	43-48	45-52	49-56	53-60	56-64	60-68	64-72		
without grip top	43-57	45-62	49-67	53-72	56-77	60-81	64-85		
	39-52	41-56	44-60	47-65	50-69	53-73	57-78	c F	IF
	30-37	33-40	35-43	37-45	39-48	41-51	42-53	c E	IE
	27-33	29-36	32-39	34-42	36-45	38-48	40-50	c D	ID
	28-34	30-37	33-40	35-43	37-46	39-49	41-51	c C	IC
	23-27	24-29	26-32	29-35	31-37	33-39	35-41	c B ₁	IB ₁
	18-20	20-22	22-24	24-26	26-28	28-30	30-32	c B	IB
	26-31	28-33	29-35	31-37	32-38	33-40	34-42	c Y	A-D Shaft
	17-22	19-24	21-26	23-29	25-32	27-34	28-35	c A	IA
	I	II	III	IV	V	VI	VII		

Table of sizes BELSANA classic with cotton

Circumference (cm)						Measuring point	Length (cm)
62-84	67-89	74-98	80-102	85-108	90-110	c T	
70-95	77-100	84-116	90-127	98-137	105-148	c H	
42-55	44-58	48-62	50-67	53-73	56-80	c G without grip top	IG A-G / A-T Crotch short 65-74 cm long 74,1-84 cm
44-53	46-56	50-60	53-64	57-70	61-78	c G with grip top	
38-48	41-51	45-54	46-57	47-60	49-62	c F	ID A-D Shaft short 34-38 cm long 38,1-43 cm
29-39	31-41	33-43	36-46	38-49	40-52	c E	
26-33	28-36	30-39	33-42	35-45	37-48	c D	IA
28-34,5	30-37	32-40	35-43	37-46	39-49	c C	
23-27	25-29	27-31	29-33	31-36	35-40	c B ₁	IC
19-20,5	20,6-22,5	22,6-24,5	24,6-27	27,1-30	30,1-33	c B	
26-30	27-32	29-34	30-37	32-39	33-41	c Y	IB ₁
19-20,5	20,5-22,5	22,5-24,5	24,5-27	27-30	30-33	c A	
I	II	III	IV	V	VI		IB

