

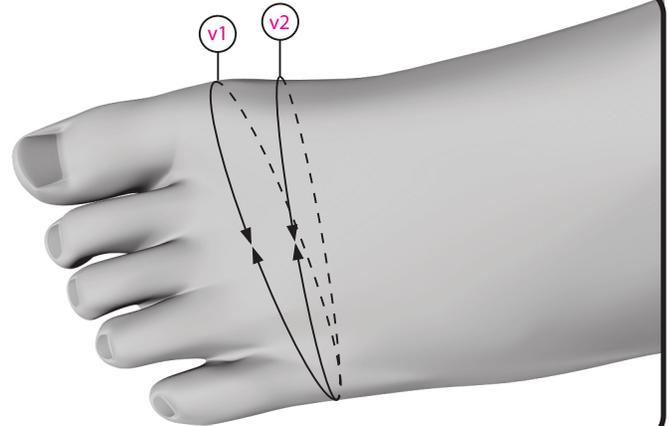
- Compression stockings with seams should not be measured until the best possible decongestion effort has been achieved. Circumference and length measurements are taken in a distal to proximal sequence.
- It is essential to mark the measuring points on the leg so that the circumference and length measurements are taken at the same point.
- The amount of tension applied must be determined by a person experienced in bandaging techniques and depends on the edema and tissue characteristics, sensitivity to pain, fibrosis, location of the edema, mobility and strength of the patient.

## 1 Foot circumference

- Take **cA** measurement when patient is weight-bearing
- Measure circumference for either oblique or straight endings

### cA Measuring Options

V1=oblique ending  
V2=straight ending



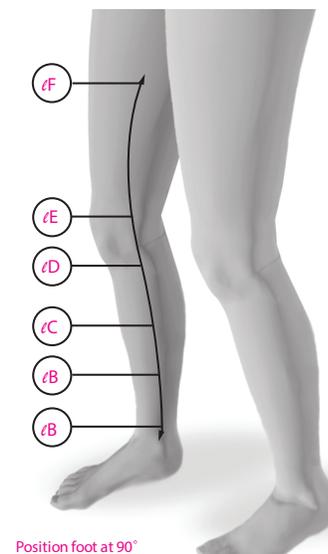
## 2 Leg circumferences

- Measure circumference standing if possible
- Mark the measuring points
- For circumference **cY, cB & cB1**, bring the foot to the 90° position (or greater flexion)
- Support any tissue possible while taking measurements
- For circumference measurement **cE**, the knee must be slightly flexed (OK to take supine)



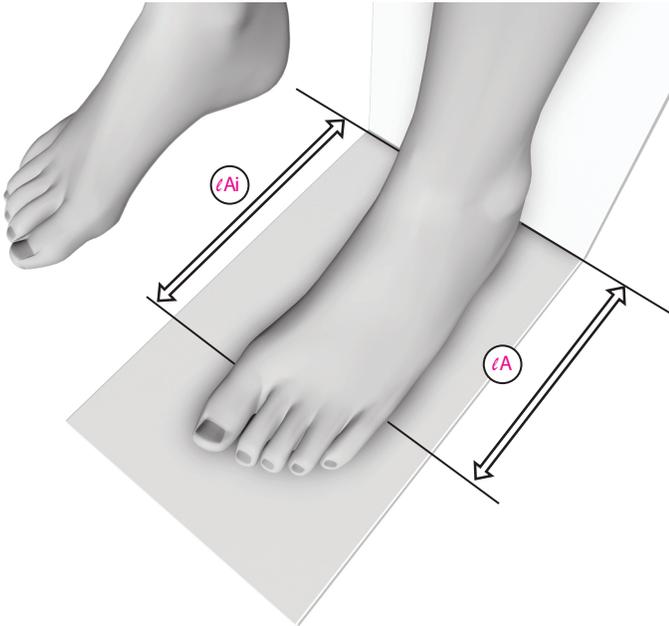
## 3 Leg Lengths

- Measure circumference standing if possible
- Hold foot in 90° position and take each length measurement
- Always measure along the contour of leg, on medial aspect. Support tissue while measuring over it. If edema is more pronounced on lateral (outside), take measurements laterally.



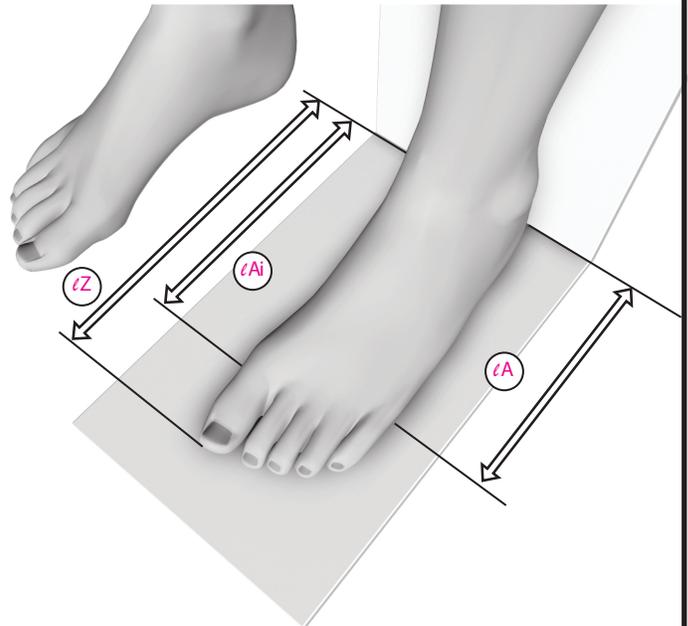
**4 Foot length - open toe/oblique border**

Measure the lengths on the inside and outside of weight-bearing foot



**5 Foot length - closed toe/oblique border**

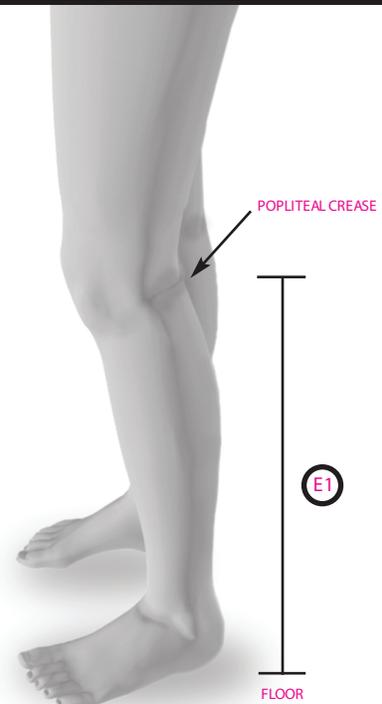
Measure the lengths on the inside, outside, and entire foot



**6 E1 knitting mark length**

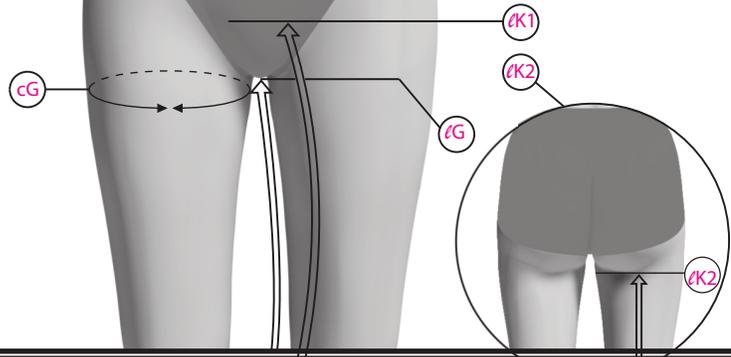
Measure length from center of popliteal crease to floor (straight line)

**NOTE:** E1 length must be shorter than E length from # 3



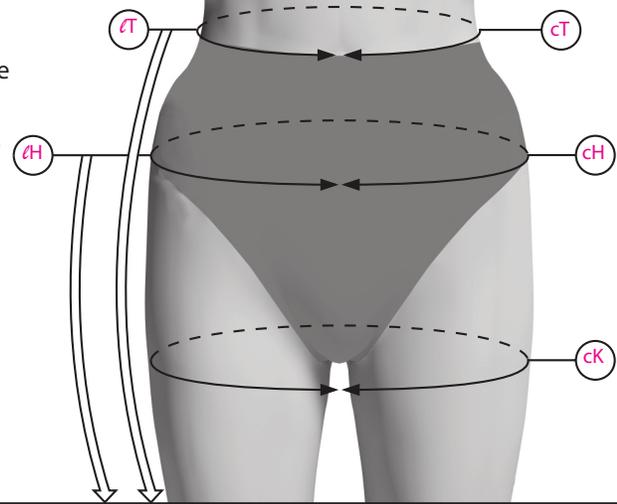
### 7 Border on thigh

- a Measure circumference **cG** at the widest part on the thigh/below crotch
  - b Measure length **ℓG** along the leg with patient standing up, close to crotch
  - c Measure **ℓK2** from ground to gluteal fold along body with patient standing up  
**ℓ posterior leg length**
  - d Measure **ℓK1** from ground to pubic symphysis along body with patient standing up  
**ℓ anterior leg length**
- (difference between **ℓK1** and **ℓK2** = high front / low back)



### 8 Waist/hip circumference/length

- a Measure circumference **cK** with patient standing up at the widest section around both thighs below the gluteal fold
- b Measure circumference **cH** with patient standing up at the widest section of the hips
- c Measure circumference **cT** with patient standing up at the waist or the desired height
- d Measure length **ℓH** along body up to desired height
- e Measure length **ℓT** along body up to desired height



### 9 Waist/hip lengths

- a Measure anterior pelvic height **ℓK1T** along body from crotch (pubic symphysis) to waist or desired height
- b Measure posterior pelvic height **ℓK2T** along body from gluteal fold to waist or desired height

