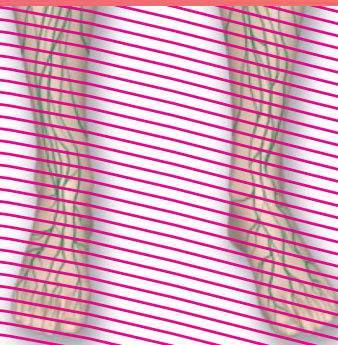


lymphology  
**measuring for custom-made  
flat-knit lower extremity**

effective October 1, 2017



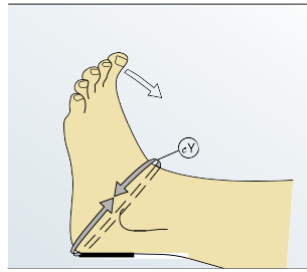
# Notes on taking measurements for custom-made flat-knit stockings

- Flat knit compression garments 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 (starting at the toes and working up the leg towards the waist).
- It is essential to mark 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 edema and tissue characteristics, sensitivity to pain, fibrosis, location of the edema, mobility, and strength of the patient.
- Generally flat-knitted garments are measured under tension with the exception of cY. According to the measuring point we distinguish:  
**Skin measurements** = loose;  
**Measuring to the first resistance** = measuring undertension without force;  
**Full Tension** = absolutely compression of the tissue.

# Knee high

All length measurements are contoured along the medial (inner) side of the leg

## Foot measurement points (Y, A, A1, Z)

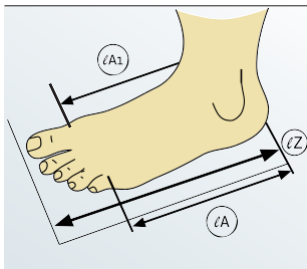


### Circumference ( ) Y

Measurements taken over the heel and arch in dorsal flexion with tendons taut. Take physical dimensions without tension. Take soft tissue projections into account.

### Length ( ) A

Distance from heel to base of little toe (length of outer side of foot), including the joint.

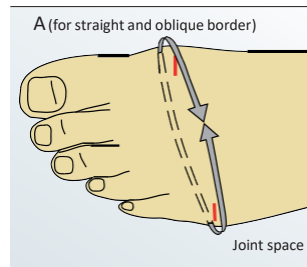


### Length ( ) A1

Distance from heel to base of big toe (medial length), including the joint.

### Length ( ) Z

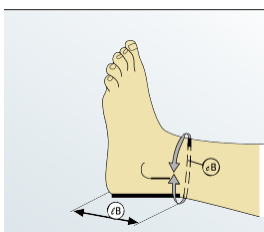
Closed toe: distance from heel to end of longest toe. (Not needed for open toe garments, except open toe seamed toe caps. Z needed for ALL seamed toe cap garments.)



### Circumference ( ) A

Apply tape measure around the metacarpophalangeal joints (first joints of toe).

## Measuring point B: just above the malleolus (ankle bone)



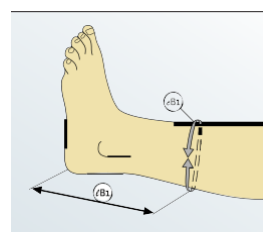
### Length ( ) B

From sole of foot to above (proximal to) the ankle .

### Circumference ( ) B

Measure circumference, depending on indication, tightly if necessary.

## Measuring point B1: at the base of the calf



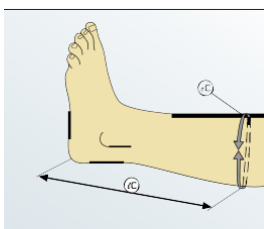
### Length ( ) B1

From sole of foot to base of the calf.

### Circumference ( ) B1

Measure circumference, depending on indication, tightly if necessary.

## Measuring point C: at the largest calf circumference



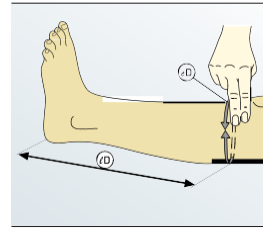
### Length ( ) C

From sole of foot to largest calf circumference .

### Circumference ( ) C

Measure circumference, depending on indication, tightly if necessary.

## Measuring point D: at the head of the fibula



### Length ( ) D

From the sole of the foot to the head of the fibula (approx. two finger widths below kneecap) .

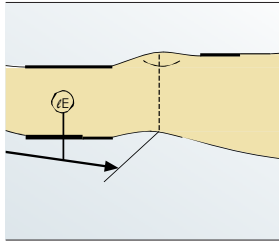
### Circumference ( ) D

Measure circumference, depending on indication, tightly if necessary. Exception: AD stocking = Body dimension.

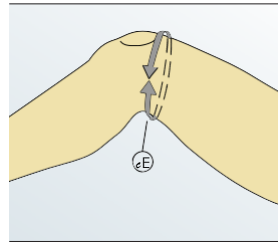
# Thigh high

All length measurements are contoured along the medial (inner) side of the leg except (I)K2 which is contoured on the posterior (back) side of the leg.

## Measuring point E: at the middle of the kneecap

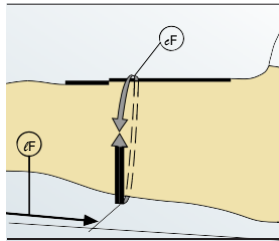


**Length ( ) E**  
From sole of foot to middle of kneecap.



**Circumference ( ) E**  
In general, measurements are not made tightly when the leg is bent (angle 30° - 45°), take circumference measurement one finger width proximal (above) to the back of the knee, and two finger widths proximal (above) to the knee cap. Do not place tape in the back of the knee or folds of skin.

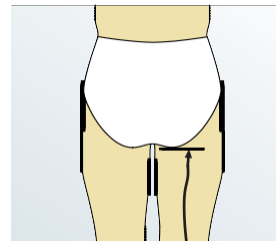
## Measuring point F: at the middle of the thigh



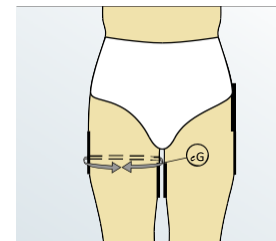
**Length ( ) F**  
From sole of foot to middle of thigh.

**Circumference ( ) F**  
Depending on the indication, the circumference is generally measured fairly tight.

## Measuring point G



**Length ( ) G**  
AG stocking dimension: sole of the foot to largest point (inner aspect) below the transverse buttock fold (including top band).



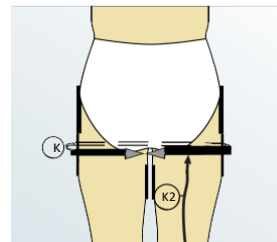
**Circumference ( ) G**  
Depending on the indication, the circumference is generally measured fairly tight at the widest part of upper thigh (not always the top of the thigh.)

## Measuring point K1: at the pubic bone



**Length ( ) K1**  
From sole of foot to the pubic bone.

## Measuring point K2: at the gluteal fold



**Length ( ) K2**  
From sole of foot to gluteal fold.

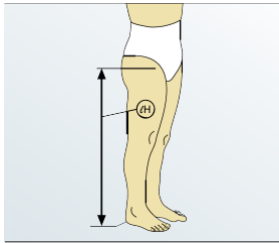
**Circumference ( ) K**  
Measure around both legs at the gluteal fold.

Obligatory measurement for medi!

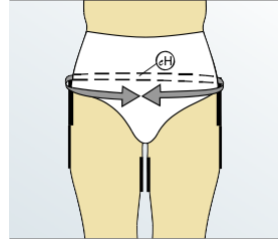
# Waist high

All length measurements are contoured along the body except "H" and "T" which are straight lengths.

## Measuring point H: widest point of the pelvis

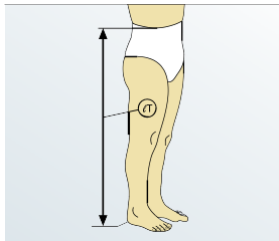


**Length ( ) H**  
From sole of foot to widest point of pelvis.

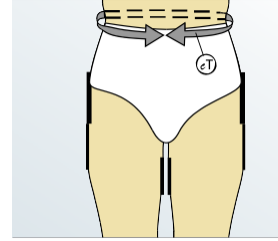


**Circumference ( ) H**  
Circumference of pelvis at the widest point, or buttocks, measure tightly depending on indication.

## Measuring point T: at the waist

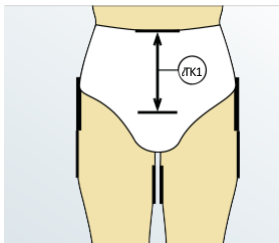


**Length ( ) T**  
From the sole of the foot to the top border of the garment (patient-specific).

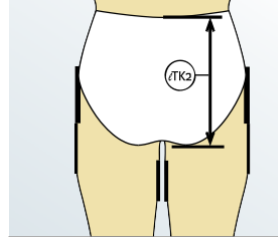


**Circumference ( ) T**  
Circumference of torso, measured under moderate tension.

## Measuring points for front ( ) TK1 and back ( ) TK2 top border of the garment



**Length ( ) TK1**  
Front length TK1: measure vertically next to body, at the level of the pubic bone to the top border of the garment.



**Length ( ) TK2**  
Back length TK2 measure vertically near the body, at the level of the transverse gluteal fold to the border of the garment.

## Measuring a suspensory

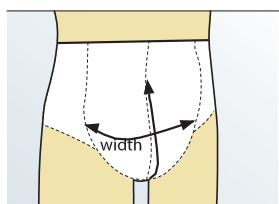


Fig. A

**Length & width**  
Measure the width and length of the suspensory, as marked in Figures A and B - this measurement can be taken over the underwear.

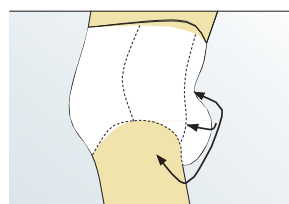


Fig. B

# LOWER EXTREMITY MEASURING & ORDER FORM: CUSTOM-MADE FLAT-KNIT



Fax Order: 1-888-840-0939

email: customs@mediusa.com

Customer name \_\_\_\_\_ Account # \_\_\_\_\_  
 PO# \_\_\_\_\_ email \_\_\_\_\_  
 Patient name \_\_\_\_\_ email \_\_\_\_\_

Bill to \_\_\_\_\_ Ship to \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

PATIENT MEASUREMENTS IN CENTIMETERS

CIRCUMFERENCES		
eT		cm
eH		cm
eK (around both legs)		cm
LEFT	RIGHT	
eG	cm	cm
eF	cm	cm
eE	cm	cm
eD	cm	cm
eC	cm	cm
eB1	cm	cm
eB	cm	cm
eY	cm	cm

LENGTHS (landmarks to floor)		
eT (straight line)		eK1T
eH (straight line)		eK2T
LEFT	RIGHT	
eG	cm	cm
eF	cm	cm
eE	cm	cm
eD	cm	cm
eC	cm	cm
eB1	cm	cm
eB	cm	cm

**REQUIRED LENGTHS FOR THIGH & PANTY/WAIST**

FRONT

**K1**  
(pubic bone to fl)

\_\_\_\_\_ cm

BACK

**K2**  
(gluteal fold to fl)

\_\_\_\_\_ cm

**REQUIRED LENGTHS FOR THIGH & PANTY/WAIST WITH E-KNITTING MARK OPTION**

BACK

**D1**  
(popliteal crease to fl)

\_\_\_\_\_ cm (contour)

**WEIGHT BEARING (must complete all)**

**Left Foot**

circ.A \_\_\_\_\_ cm

A1 \_\_\_\_\_ cm

A \_\_\_\_\_ cm

Z \_\_\_\_\_ cm

**Right Foot**

circ.A \_\_\_\_\_ cm

A1 \_\_\_\_\_ cm

A \_\_\_\_\_ cm

Z \_\_\_\_\_ cm

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# LOWER EXTREMITY MEASURING & ORDER FORM: CUSTOM-MADE FLAT-KNIT

Fax order: 1-888-840-0939 email: customs@mediusa.com



<b>STYLE/MATERIAL</b>	<input type="checkbox"/> mediven® 550 <input type="checkbox"/> mediven® mondi <input type="checkbox"/> mediven® sensoo (CCLII)	
	<b>NOTE: ONLY ONE STYLE PER FORM</b> <input type="checkbox"/> Knee high <input type="checkbox"/> Thigh high <input type="checkbox"/> Waist high <input type="checkbox"/> Thigh w/waist attachment* <input type="checkbox"/> One leg Waist high* <input type="checkbox"/> Bicycle shorts (T to F)* <input type="checkbox"/> Capri shorts (T to C)* <input type="checkbox"/> Leggings (T to B)* <input type="checkbox"/> Men's leotard <input type="checkbox"/> Maternity panty* <input type="checkbox"/> with fly    (slight compression panel)	
<b>COMPRESSION</b>	<b>PANTY SECTION</b> CCLI: <input type="checkbox"/> 18-21mmHg    CCLII: <input type="checkbox"/> 23-32mmHg CCLIII: <input type="checkbox"/> 34-46mmHg    CCLIV: <input type="checkbox"/> 49-60mmHg**	
	<b>LEFT LEG</b> CCL: <input type="checkbox"/> 18-21mmHg    CCLII: <input type="checkbox"/> 23-32mmHg CCLIII: <input type="checkbox"/> 34-46mmHg    CCLIV: <input type="checkbox"/> 49-60mmHg**	
	<b>RIGHT LEG</b> CCL: <input type="checkbox"/> 18-21mmHg    CCLII: <input type="checkbox"/> 23-32mmHg CCLIII: <input type="checkbox"/> 34-46mmHg    CCLIV: <input type="checkbox"/> 49-60mmHg**	
<b>QTY</b>	_____ Left    _____ Right    _____ Pair	
<b>COLOR</b>	<b>Standard Colors</b> <input type="checkbox"/> Caramel <input type="checkbox"/> Black <input type="checkbox"/> Cashmere* <input type="checkbox"/> Sand	<b>Trend Colors*</b> <input type="checkbox"/> Anthracite <input type="checkbox"/> Magenta <input type="checkbox"/> Aqua <input type="checkbox"/> Mint-Green <input type="checkbox"/> Blue-Jeans <input type="checkbox"/> Moss-Green <input type="checkbox"/> Cherry-Red <input type="checkbox"/> Navy <input type="checkbox"/> Coral
	<b>mediven 550 Fashion Elements*</b> <i>Must pick 1 color &amp; 1 pattern</i> <b>Colors</b> <b>Patterns</b> <input type="checkbox"/> Berry <input type="checkbox"/> Animal <input type="checkbox"/> Brown <input type="checkbox"/> Crosses <input type="checkbox"/> Gray <input type="checkbox"/> Ornaments	<b>mediven 550 Design Elements</b> <input type="checkbox"/> Stars <input type="checkbox"/> Ribs <input type="checkbox"/> Pyramids

<b>OPTIONS</b>	<b>FOOT</b> <input type="checkbox"/> Open toe <input type="checkbox"/> Closed toe: <input type="checkbox"/> Tricot (half compression) *default <input type="checkbox"/> Netting (no compression; 550 only)																
	<b>MONDI SILVER</b> <input type="checkbox"/> Y-C <input type="checkbox"/> Y-D <input type="checkbox"/> Y-G	<b>550 ONLY OPTIONS</b> <input type="checkbox"/> Gluteal shaper (tricot gusset only) <input type="checkbox"/> Hallux ease (closed toe or seamless toe cap only)															
	<b>KNITTING OPTIONS</b> <input type="checkbox"/> Y knitting mark at ankle <input type="checkbox"/> E knitting mark at knee																
	<b>SILICONE TOPBAND</b> <input type="checkbox"/> None <input type="checkbox"/> Profile (honeycomb pattern, 5cm wide only) <input type="checkbox"/> Beaded: <input type="checkbox"/> Small (2.5cm wide) <input type="checkbox"/> Wide (5cm wide) <input type="checkbox"/> Peony (beaded, 5cm wide only)																
	<table border="1"> <thead> <tr> <th>POSITION</th> <th>SILICONE PIECE</th> <th>ANTI-SLIP SILICONE DOTS</th> </tr> </thead> <tbody> <tr> <td>Lateral/along oblique border</td> <td><input type="checkbox"/> 15 X 5 cm</td> <td><input type="checkbox"/> 10 X 4.5 cm</td> </tr> <tr> <td>Anterior/vertically over "E"</td> <td><input type="checkbox"/> 8 X 5 cm</td> <td><input type="checkbox"/> 10 X 4.5 cm</td> </tr> <tr> <td>Posterior/rear over seam</td> <td><input type="checkbox"/> 8 X 5 cm</td> <td><input type="checkbox"/> 10 X 4.5 cm</td> </tr> <tr> <td>Sole of the foot</td> <td>N/A</td> <td><input type="checkbox"/> 6 X 4.5 cm</td> </tr> </tbody> </table>	POSITION	SILICONE PIECE	ANTI-SLIP SILICONE DOTS	Lateral/along oblique border	<input type="checkbox"/> 15 X 5 cm	<input type="checkbox"/> 10 X 4.5 cm	Anterior/vertically over "E"	<input type="checkbox"/> 8 X 5 cm	<input type="checkbox"/> 10 X 4.5 cm	Posterior/rear over seam	<input type="checkbox"/> 8 X 5 cm	<input type="checkbox"/> 10 X 4.5 cm	Sole of the foot	N/A	<input type="checkbox"/> 6 X 4.5 cm	
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<b>WAISTBAND</b> <input type="checkbox"/> Adjustable (Standard) <input type="checkbox"/> Velcro <input type="checkbox"/> Silicone beaded (5cm wide) <input type="checkbox"/> Knitted ending																	
<b>LEVAMED SILICONE ANKLE PADS*</b> Add 1 cm to cY measurement per pad. Left: <input type="checkbox"/> Inner <input type="checkbox"/> Outer <input type="checkbox"/> Permanent <input type="checkbox"/> Removeable Right: <input type="checkbox"/> Inner <input type="checkbox"/> Outer <input type="checkbox"/> Permanent <input type="checkbox"/> Removeable																	

<b>OBLIQUE ENDING</b> <input type="checkbox"/> Standard <input type="checkbox"/> Steep <input type="checkbox"/> Straight												
<input type="checkbox"/> <b>ADDED LENGTH IN FRONT</b> (include ℓK1 and ℓK2 measurements below) Needed for all thigh high stockings												
<table border="0"> <tr> <td><input type="checkbox"/> <b>GUSSET:</b></td> <td><input type="checkbox"/> <b>SUSPENSORY:</b></td> </tr> <tr> <td>    ____ Tricot (standard)</td> <td>    ____ Tricot</td> </tr> <tr> <td>    ____ Netting</td> <td>    ____ Netting</td> </tr> <tr> <td>    ____ Compressive</td> <td>    ____ Compressive</td> </tr> <tr> <td></td> <td>    Width _____ cm</td> </tr> <tr> <td></td> <td>    Length _____ cm</td> </tr> </table>	<input type="checkbox"/> <b>GUSSET:</b>	<input type="checkbox"/> <b>SUSPENSORY:</b>	____ Tricot (standard)	____ Tricot	____ Netting	____ Netting	____ Compressive	____ Compressive		Width _____ cm		Length _____ cm
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____ Netting	____ Netting											
____ Compressive	____ Compressive											
	Width _____ cm											
	Length _____ cm											
<b>LYMPHPADS*</b> <input type="checkbox"/> Removeable (standard) Width _____ (cm) Length _____ (cm)												
<b>OR <input type="checkbox"/> Silk Lining</b> Width _____ (cm) Length _____ (cm) Location _____												
<b>ZIPPER*</b> <input type="checkbox"/> Anterior <input type="checkbox"/> Posterior <input type="checkbox"/> Medial <input type="checkbox"/> Lateral <input type="checkbox"/> Y to D <input type="checkbox"/> Y to G <input type="checkbox"/> B to D <input type="checkbox"/> B to G												
<b>SWAROVSKI CRYSTALS</b> <table border="1"> <tr> <td>Pattern:</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Beauty</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Brilliance</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Romance</td> <td></td> </tr> </table>	Pattern:		<input type="checkbox"/> Beauty		<input type="checkbox"/> Brilliance		<input type="checkbox"/> Romance					
Pattern:												
<input type="checkbox"/> Beauty												
<input type="checkbox"/> Brilliance												
<input type="checkbox"/> Romance												

\*Not available in mediven sensoo. Trend colors and fashion elements require an extra 5 days for production.

\*\*mediven 550 only

**NOTES:**

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