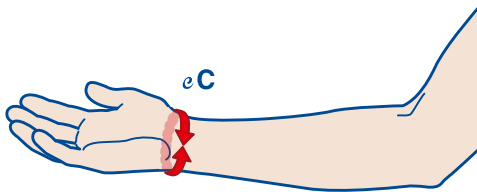


## Identification of points for taking measurements – Upper limb

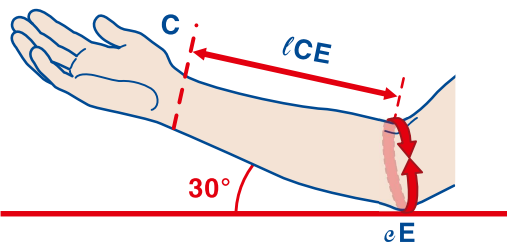
### Patient sitting down with the forearm lying on a stiff surface (hand upwards)

Measure the points to be measured and mark the skin there (in the central part of the limb).  
Measure all the lengths first, then measure the circumferences.



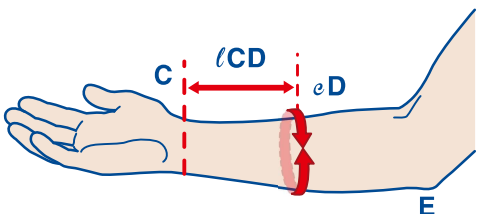
#### STEP 1 Point eC

Wrist **circumference**, at styloid process level. Record the circumference value without tightening the tape (body measure)



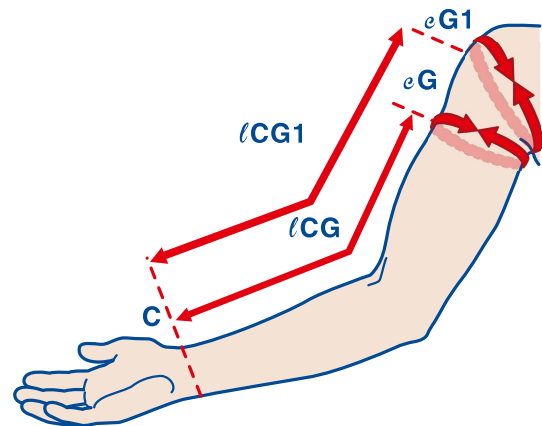
#### STEP 2 Point E

**Length lCE**: measure from point C to point E with the measuring tape flush against the skin.  
**Circumference eE**: measure this on the elbow crease, with the elbow held at 30°. Record the circumference value without tightening the tape (body measure)



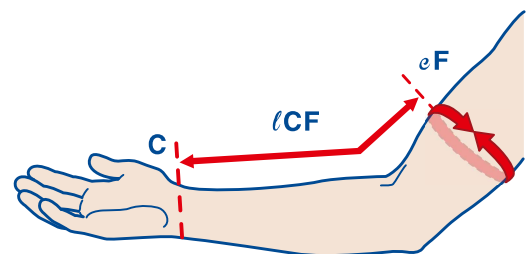
#### STEP 3 Point D

**Length lCD**: measure from point C to point D (halfway between point C and point E), with the measuring tape flush against the skin.  
**Circumference eD**: point D (halfway between point C and point E)



#### STEP 4 Point G

**Length lCG**: measured about 1 cm below the axilla, with the measuring tape flush against the skin.  
**Length lCG1**: + 3cm above point G (never more than 5 cm above).  
**Circumference eG**: measured about 1 cm below the armpit.  
**Circumference eG1**: measured + 3cm above point G (never more than 5 cm above).

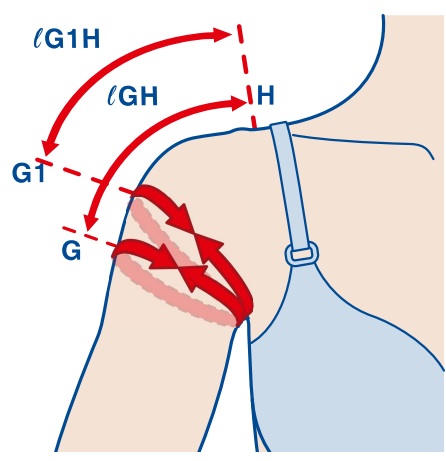


#### STEP 5 Point F

**Length lCF**: measure from point C to point F (halfway between point E and point G), with the measuring tape flush against the skin.  
**Circumference eF**: point F (halfway between point E and point G)

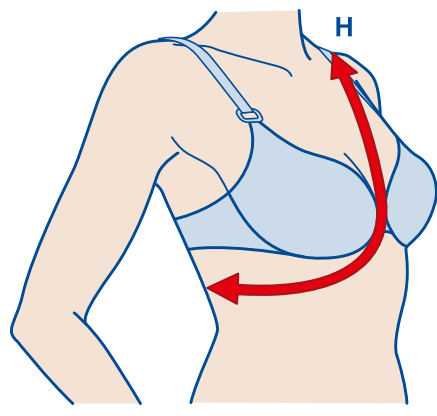
**LEGEND**

- $e$  = Circumferences
- $l$  = Lengths



**STEP 6 Punto H**  
Placed above point G/G1, next to the bra and/or undershirt strap.  
**Length  $lGH$ /  $lG1H$ :** this measure is necessary for the arm sleeve with shoulder strap option.

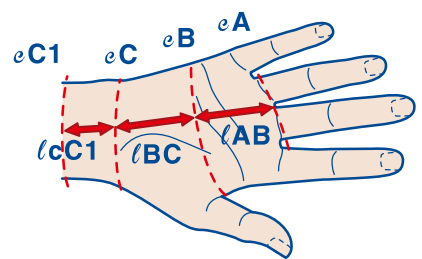
*Indications for options*



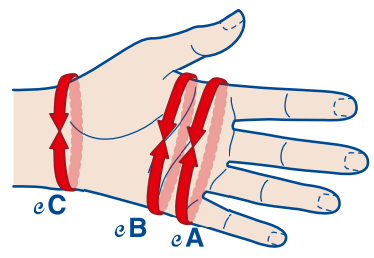
**STEP 7 Option with adjustable strap**  
Measure from point H with the measuring tape placed as shown in the picture.

*Identification of points for taking measurements – Hand*

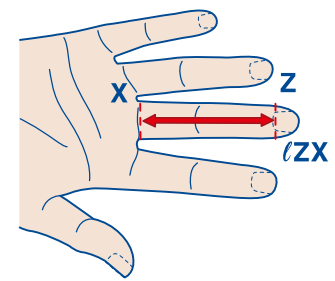
Record the circumference value without tightening the tape (body measure)



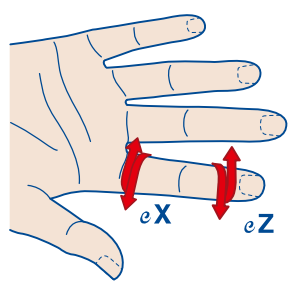
**STEP 1 Lengths**  
Identify Point  $lAB$ , Punto  $lBC$ , Punto  $lcC1$ , centrally, as shown in the picture.



**STEP 2 Circumference**  
**Point cC:** on the wrist, at styloid process level  
**Point cB:** at the base of the thumb  
**Point cA:** at the head of the fifth metacarpal bone  
**Point cC1:** at +5cm from C.



**STEP 3 Length  $lXZ$**   
Measure the lengths  $lXZ$  for each finger, centrally, as shown in the picture.



**STEP 4**  
For each finger, measure the circumference  $cX$  at the base of the fingers and the circumference  $cZ$  at the lower edge of the nail.  
**Thumb:** measure the circumference  $cX$  at the base of the finger (**NOT diagonally**, see picture).