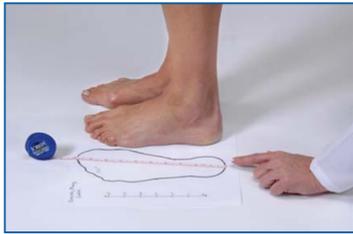


# Measuring Custom Seamed Lower Extremities



**1 Foot length (open or closed toe):** Trace an outline of the patient's foot while standing. Measure length from heel to longest toe.



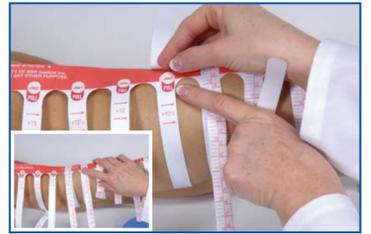
**2 Proper positioning of the leg:** Elevate the lower extremity with the JOBST foot rest or other object. The foot should be flexed at a 90° angle and the knee should be slightly bent.



**3** Select the proper JOBST tape for the desired garment.  
**Orange tape:** below knee garments  
**Red tape:** thigh or waist high garment  
 Record the patient's name and indicate the left or right extremity being measured.



**4** Place the spine of the JOBST paper tape on the front (anterior) of the leg with the 0 (zero) tape strap wrapped diagonally around the heel at the maximal dorsiflexion.



**5** Secure the tape strap to the spine of the paper tape with the self-adhesive tab. Reinforce with cellophane tape.



**6** Wrap the "minus" tape straps around the foot and include the - 4½ tape strap. Measure up to the metatarsal head, pleating if necessary.



**7** For a knee length garment, continue wrapping the "plus" tape straps above the heel, stopping at desired top length of the garment approximately ½" below the bend of the knee.



**8 Pleating:** To achieve the desired top length, a pleat may be made on the horizontal spine of the measuring tape. Keep the pleat straight and even.



**9** For leg circumferences that are greater than the length of the tape straps, add a JOBST extension tape strap.



**10** Once the extension tape is added to the paper tape, the tape strap can be wrapped around the extremity.



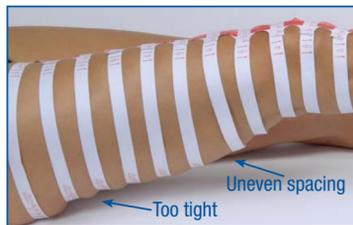
**11** Record Knee Length Measurements on the Custom Seamed-Lower Extremities Order Form. These measurements are read where the tape strap meets the straight edge of the tape spine and can be recorded as ⅛ inches (left side of the tape strap) or in ⅒ centimeters (right side of the tape strap).



**12** If a pleat is used at the top of the garment, the measured distance between the center lines of the last 2 tape straps determines the pleat size. Record this distance in the pleat column on the order form.



**13** For full leg garments using the Red JOBST tapes, continue wrapping the tape straps until you are within 1" to 2" of the gluteal fold. A pleat at the top may be necessary.



**14** The tape straps should be placed firmly around the extremity. Do not pull too tight allowing the skin between the straps to bulge or lie loosely on the patient's skin. Keep the spine of the tape as straight as possible along the front of the limb and keep the tape straps evenly spaced by placing them at a 90° angle to the tape spine.

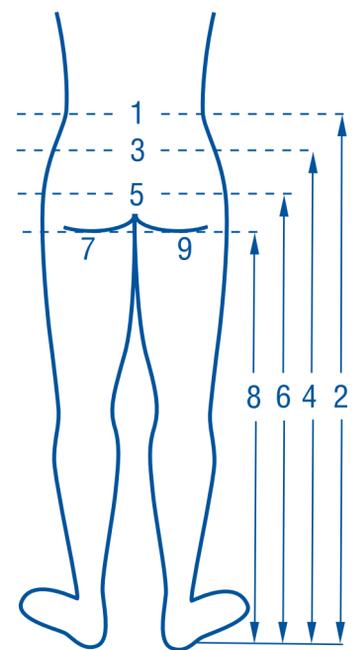


**15** Record the leg measurements on the Custom Seamed-Lower Extremities Order Form.

## Color Options



For compression waist height garments (pantyhose, chaps, panty girdles...) take the following body measurements.



Heights are linear measurements taken from the back.



**1 Proximal Thigh Height:** Measurement 8 (see diagram) is taken from the floor to the gluteal fold. Take this for both legs since the leg lengths can vary.



**2 Proximal Thigh Circumference:** Measure the circumference of 7 and 9 for each thigh at this point.



**3 Largest Part of the Buttocks/Hips Height:** Measurement 6 is taken from the floor to the greatest circumference of the hips. Mark this point with a marker or adhesive tape.



**4 Largest Part of the Buttocks/Hips Circumference:** Measure the circumference of 5 at this point.



**5 Locate the Waist:** Have the patient bend to one side to reveal the natural bend of the waist (Mark this point with a marker or adhesive tape).



**6 Waist Height:** Measure length 2 from the floor to the patient's waist.



**7 Waist Circumference:** Measure the circumference 1 at this point.



**8 Midpoint Height:** Determine the center between the Waist height and Hip height and mark this point with a marker or adhesive tape. Measurement 4 is taken from the floor to this point.



**9 Midpoint Circumference:** Measure circumference 3 at this point.



**10** If the top of the garment is to end above or below the waist, measure and record both the circumference and the height of this point from the floor in the boxes next to "Desired Top of Support".



**11 Front Profile:** Measure the length, following the patient's contour, at the front from the waist to crotch at the midline.\*



**12 Back Profile:** Measure the length of the patient's contour at the back from the waist over the buttocks to the gluteal fold.\*



**13** On the Custom Seamed Order Form, record the body measurements in the Torso/Head section along with leg measurements in the Lower Extremities section.

\* If a patient has a large girth (45"+), the above measurements should be taken and noted in the margin of the torso measurement page or comment section of the order form.