

# sigvaris

# Armassist®

**CUSTOM**

## CUSTOM Measuring Instructions

### Important

Exact measurements are critical for this garment to ensure a proper fit. If you have questions about measuring for this garment or would like assistance with measuring and fitting this garment please contact

### Supplies needed

- Cell phone with camera. Photos of the arm with measurement markings must be emailed to:
- SIGVARIS GROUP Measuring tape and body pen (or eyeliner pencil).
- Measuring instructions and forms.

## INSTRUCTIONS

All measurements should be recorded in centimeters. Apply slight tension to hold the tape measure in place.

### STEP 1: Locate Landmarks

1. Encircle arm with tape measure located as high as possible at axilla. Mark on the proximal edge of tape at the anterior, dorsal, and posterior aspects of arm, and record the circumference on the line labeled posterior axilla.
2. Encircle elbow with the distal edge of a tape measure aligned at the elbow crease and olecranon process (elbow). Mark the dorsal aspect of the elbow along this edge, and record the circumference on the line labeled elbow (Ø point).
3. Encircle wrist with the distal edge of a tape measure aligned with the ulnar styloid process. Mark the dorsal aspect of the wrist along this edge, and record the circumference on the line labeled ulnar styloid.

### STEP 2: Locate Circumference Measurement Positions

1. Starting with "0" of the tape measure at your mark on the dorsal aspect of the elbow, mark the dorsal aspect of the upper arm in 5cm increments up to the mark made from the axilla on the dorsal aspect of the arm.
2. Starting with the "0" of the tape measure at your mark on the dorsal aspect of the elbow, mark the dorsal aspect of the forearm in 5cm increments down to the mark made for the ulnar styloid on the dorsal aspect of the arm.

### STEP 3: Measure Lengths

1. Measure upper arm from anterior axilla (inside armpit) to the elbow crease and record length on box A.
2. Measure upper arm from posterior axilla (outside armpit) to the olecranon process (elbow) and record length on box B.
3. Measure the forearm along dorsal aspect from elbow (as marked at the mid-point between olecranon process and elbow crease) to the ulnar styloid as indicated on diagram and record length on box C.
4. Measure hand from your mark on dorsal aspect of wrist to the third metacarpal head and record length on box D.
5. Measure width of hand across dorsal metacarpal heads and record width on box E.

### STEP 4: Measure Circumferences

1. Encircle arm with a tape measure at each mark located between the elbow and axilla, and record each circumference on the line corresponding to each position.
2. Encircle arm with a tape measure at each mark located between the elbow and ulnar styloid, and record each circumference on the line corresponding to each position.

**TAKE DIGITAL PHOTOS (REQUIRED) AFTER MEASUREMENT MARKINGS ARE MADE.**

NOTE: Armassist is available in:  
7099-AR FlatFoam, 7199-AR Wavefoam

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|                      |               |               |            |         |
|----------------------|---------------|---------------|------------|---------|
| Patient Name:        | Contact Name: | Height:       | Weight:    | Date:   |
| Ship Name & Address: |               | Account Name: | Account #: | P.O #.: |

## Product Information

Product includes one Armassist and one pair of Cotton Liners.

|                                                                       |                                                                       |                                   |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Right Arm                                    | <input type="checkbox"/> Left Arm                                     | Foam                              |
| Size: <input type="checkbox"/> Regular <input type="checkbox"/> Super | Size: <input type="checkbox"/> Regular <input type="checkbox"/> Super | <input type="checkbox"/> Flat     |
|                                                                       |                                                                       | <input type="checkbox"/> Wavefoam |

## Circumference Measurements

● = Locations measured along **Dorsal** aspect

