

## MEASUREMENT INSTRUCTIONS - QUICK GUIDE

Fill out patient and contact details first.

Sections 1,2,3 & 4 are mandatory. Please fill out as appropriate.

**1**

### Length Measurements

Take length measurements first. If possible, use a skin marker to mark the measurement points on the limb. All length measurements should be taken straight with the patient lying or sitting (up to f) and standing for thigh-high and panty garments.

**2**

### Circumference measurements

Take appropriate circumference measurements at the points established (above)

**3**

### Toe Options

Choose open toe, closed toe or slant cut  
N.B. If you are ordering a 'footless' garment you will not need to fill out section 3

**4**

### Fabric and Compression Class, Colour & Quantity

Please choose as appropriate for your patient

**5**

**6**

### Options

If choosing one of these style options please complete as necessary

**7**

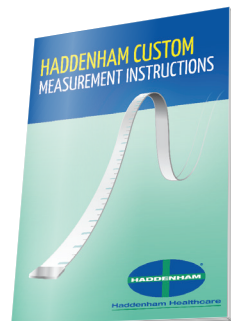
### Comments / Requests

Please use this box to add any comments or diagrams that may assist with the making of the garment. If you have a particularly complex case please feel free to submit photographs and/or additional notes.

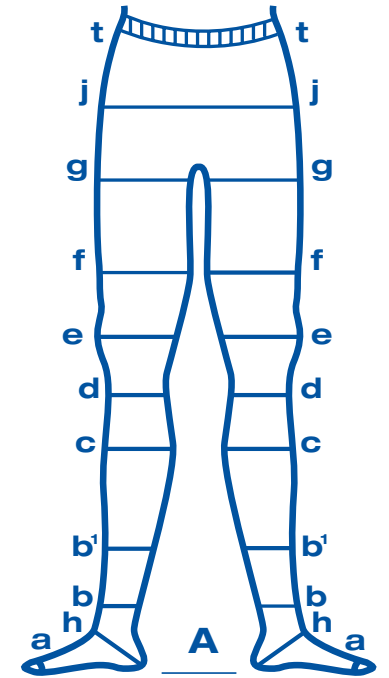
FOR MORE DETAILED  
MEASUREMENT INSTRUCTIONS  
& TIPS CALL FOR A FREE

'MEASUREMENT INSTRUCTIONS BOOKLET'

Also available on our website:  
[www.hadhealth.com.au](http://www.hadhealth.com.au)

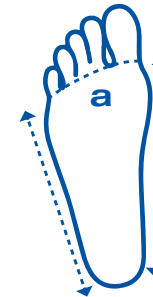


- t** waist or where you want the tights to finish
- j** widest part of the hips/buttocks
- g** just below the groin or the position you would like the garment to finish when measuring for thigh length garments
- f** mid thigh
- e** around the knee
- d** approximately 3cm or 2 finger widths below the popliteal crease
- c** the largest girth of the calf : approximately 10cm above **b'**
- b'** where the calf starts to develop approximately 10cm above **b**
- b** is approx 2cm above the malleolus
- h** is the measurement around the heel and over the top of the foot.
- a** is the measurement around the base of the toes
- A** where the heel meets the floor



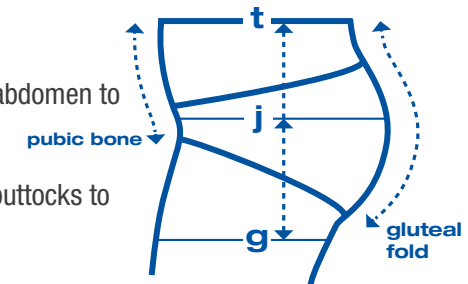
### Slant Cut

- section 1** Measure inside foot from the heel to the base of the big toe **a**
- section 3** Measure outside foot from heel to base of little toe **a**



### Panty Shaping

- t - pubic bone**  
Following the contour measure from **t**, over the abdomen to the pubic bone.
- t - gluteal fold**  
Following the contour measure from **t** over the buttocks to gluteal fold
- g - t | j - t**  
Measure the straight length at the side



We aim to provide additional flexibility wherever possible. Please call us on +61 3 9544 5515 or email [sales@hadhealth.com.au](mailto:sales@hadhealth.com.au) for any further assistance.

This guide is not designed to replace formal training. Responsibility for the selection and application of products rests with the professional staff treating the patient. Haddenham Healthcare does not take any responsibility for contraindicated use of these garments or for inaccurate measurements. The measuring of compression garments for lymphoedema should only be carried out by someone who has undertaken an appropriate course.