How to measure correctly

01 Circumference of the upper arm
   Measured at the middle of the upper arm

02 Circumference of the forearm
   Measured at the middle of the forearm

03 Circumference of the thigh
   Measured at the middle of the thigh

04 Circumference of the lower leg
   Measured at the calf

05 Length of the upper arm
   Measured from the elbow to the top edge of the upper arm shell

06 Length of the forearm
   Measured from the elbow to the lower edge of the forearm shell

07 Length of the thigh
   Measured from the knee to the top edge of the medial thigh shell

08 Length of the lower leg
   Measured from the knee to the lower edge of the calf shell

09 Abdominal height
   Anterior height of the textil lumbar bandage.

10 Height of the front piece
   Measured from the symphysis pubis to the sternum (3-4 cm below the clavicle)

11 Body circumference
   Circumferential girth of the abdomen measured above the belly button

12 Height of the back piece
   Measured from the top of sacrum to 2 cm below cervical vertebrae C7

13 Height of the thorax
   Measured from the top of sacrum to 2-3 cm below the inferior angle of scapular

Further product information and more details can be found on our homepage.