

Measuring Instructions

ArmAssist[®]

All measurements must be taken in a straight line, unless otherwise specified, with the tape measure following the contours of the limb. Do not pull the tape tight; hold it lightly against the skin.

**Digital photos are required when irregular shapes are present*

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 arm at the elbow with the **proximal edge** of a tape measure aligned at the elbow crease and the Olecranon Process (elbow). Mark the **dorsal** aspect of the arm along this edge, and record the circumference on the line labeled **Elbow** (Ø Point).
3. Encircle arm at the wrist with the **distal edge** of a tape measure aligned with the ulnar styloid process. Mark the **dorsal** aspect of the arm 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 proximal arm in 5cm (2in) increments up to the mark made for the **Posterior Axilla** on the **dorsal** aspect of the arm.
2. Starting with "0" of the tape measure at your mark on the **dorsal** aspect of the **elbow**, mark the dorsal aspect of the distal arm in 5cm (2in) increments down to the mark made for the **Ulnar Styloid** on the **dorsal** aspect of the arm.

STEP 3 - Measure Lengths

1. Measure proximal arm from **anterior axilla** (inside armpit) to **elbow crease** and record length in box marked **Length A**.
2. Measure proximal arm from **posterior axilla** (outside armpit) to the **elbow** and record length in box marked **Length B**.
3. Measure the distal arm along dorsal aspect from the **elbow** (as marked at the mid-point between elbow and elbow crease) to the **Ulnar Styloid** as indicated on diagram and record length in box marked **Length C**.
4. Measure hand from your mark on dorsal aspect of wrist to the third metacarpal head and record length in box marked **Length D**.

STEP 4 - Measure Circumferences

1. Encircle arm with a tape measure at each mark located between the **elbow** and **axilla**, and record each circumferences 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.