

# Measuring Instructions

## LegAssist<sup>®</sup> - BK (Below Knee)

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 leg with **top edge** of tape measure located at the **bottom of patella**. Mark leg on this edge of tape at the **anterior**, **lateral**, **posterior**, and **medial** aspects, and record the **circumference** on the line labeled **Bottom of Patella**.
2. Encircle leg with **bottom edge** of tape measure aligned with the **ankle bend**. Mark leg on this edge of tape at the **anterior**, **lateral**, **posterior**, **medial** aspects, and record the circumference on the line labeled **Ankle Bend** (Ø Point).

### STEP 2 - Locate Circumference Measurement Positions

1. Starting with "0" of the tape measure at your mark on the **lateral** aspect of the **Ankle Bend**, mark the leg in 5cm (2in) increments up to your mark on the **lateral** aspect of the **bottom of patella**.

### STEP 3 - Measure Lengths

1. Measure leg from your mark on the **anterior** aspect of **ankle bend** to your mark on **anterior** aspect of **bottom of patella** and record length on **Line A**.
2. Measure leg from your mark on the **medial** aspect of **ankle bend** to your mark on **medial** aspect of **bottom of patella** and record length on **Line B**.
3. Measure leg from your mark on the **posterior** aspect of **ankle bend** to your mark on the **posterior** aspect of **bottom of patella** and record length on **Line C**.
4. Measure leg from your mark on the **lateral** aspect of ankle bend to your mark on the **lateral** aspect of **bottom of patella** and record on **Line D**.
5. Measure foot from **1st metatarsal head** to heel and record length on **Line K**.
6. Measure Top of Foot from the 3rd Metatarsal Head to Ankle Bend on **Line M**.

### STEP 4 - Measure Circumferences

1. Encircle leg with a tape measure at each mark located between the ankle bend and bottom of patella, and record each circumference on the line corresponding to each position.
2. Encircle the Ankle Bend and Heel with a tape measure and record the circumference on **Line I**.
3. Encircle the foot across the metatarsal heads and record the circumference on **Line J**.