

A close-up photograph of a person's arm being measured. A yellow measuring tape is wrapped around the upper arm, held in place by two hands. The person is wearing a white t-shirt. The background is a solid blue color.

MEASURING INSTRUCTIONS ARM SLEEVES

INCLUDING GLOVES

LYMPHOLOGICAL MEASUREMENTS

WE WILL SUPPORT YOU

Customers with disorders of the lymphatic system need your particular attention because treating lymphological conditions is a specialist area within compression therapy requiring a high level of expert knowledge. The products ensure that as little fluid as possible accumulates in the extremities, thus preventing severe swelling. To guarantee successful treatment outcomes with medical compression stockings, the patient has to be measured correctly. These guidelines are intended to help you with this task. We also recommend the following supplementing brochure:



**Measuring instructions
Stockings and toe caps**
Item no. 271 4210 2021 002

GENERAL INFORMATION ABOUT MEASUREMENTS:

- Definition of circumference measurement:
 - Phlebological measurement = measurement next to the skin
 - Light lymphological tension up to initial skin resistance = measurement with tape slightly tightened
- Measurements are ideally taken after lymphatic drainage
- Photo documentation is helpful in difficult cases
- Do not measure in skin folds



Measurement next to the skin



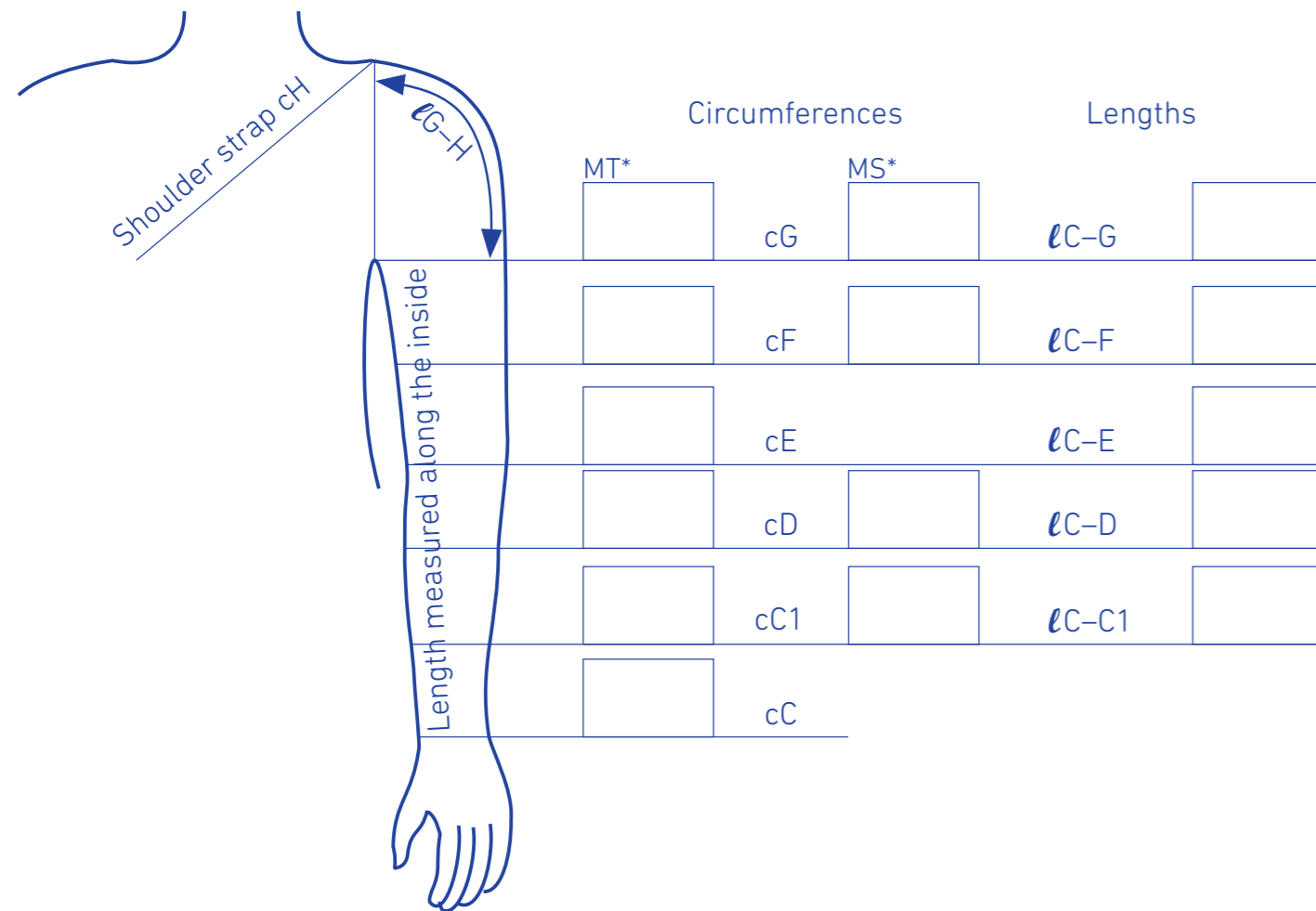
Measurement with tape slightly tightened



MEASUREMENTS FOR LYMPHOLOGICAL ARM SLEEVES



VIDEOS WITH
MEASUREMENT
INSTRUCTIONS



* MS = Measurement next to the skin | MT = Measurement with tape tightened

DOWNLOAD:

Lymphology order sheets: Order sheet for custom-made VenoTrain cura-flow products – arm

<https://www.bauerfeind-group.com/en/service/downloads>

1 MARKING ARM MEASURING POINTS

Measuring point C

- With light pressure, run the pen from the thumb toward the wrist
→ look for the suspension point!
- Alternatively: distal (second) wrist fold depending on size of edema



Measuring point E

- Mark the fold in the crook of the arm



Measuring point C1

- Determine the distance between C and E using a lymphological tape measure, then divide into three equal sections
- C1: lower third



Measuring point D

- Determine the distance between C and E using a lymphological tape measure, then divide into three equal sections
- D: upper third



Measuring point G

- Reposition the arm
 - Hand is supported on a surface
 - Ask the patient to abduct the arm from the shoulder joint as far as possible
- Place the lymphological tape measure along the armpit
- Ask the patient to relax the arm again
- Put the mark above the lymphological tape measure



Measuring point F

- Determine the distance between E and G using a lymphological tape measure, then divide into two equal sections



2 ARM CIRCUMFERENCE MEASUREMENT

Measuring point cC

- The circumference is not measured at the level of the marking but above the bony protrusion of the wrist (Proc styloideus ulnae) or on the base of the edema
- **Measure next to the skin**
- Do not measure with tape tightened → edema formation possible on the back of the hand when C measurement is too tight!



Measuring point cC1

- Measure next to the skin
- Measure **with light lymphological tension**



Measuring point cD

- Measure next to the skin
- Measure **with light lymphological tension**



Measuring point cE

- Measure the circumference just above the crook of the arm with a slightly bent elbow (approx. 45°)
- Measure next to the skin
- In case of tissue flaps on the upper arm, **apply minimal tension**, if required



Measuring point cF

- Measure next to the skin
- Measure **with light lymphological tension**



Measuring point cG

- **Measure next to the skin**
- Measure **with light lymphological tension** → edging



3 ARM LENGTH MEASUREMENT

Measuring point IC1

- Extend the arm
- Perpendicular from marking C to marking C1



Measuring point ID

- Extend the arm
- Perpendicular from marking C to marking D



Measuring point IE

- Extend the arm
- Measured along the inside of the arm
- Perpendicular from marking C to marking E



Measuring point IF

- Extend the arm
- Measured along the inside of the arm
- Perpendicular from marking C to marking F



Measuring point IG

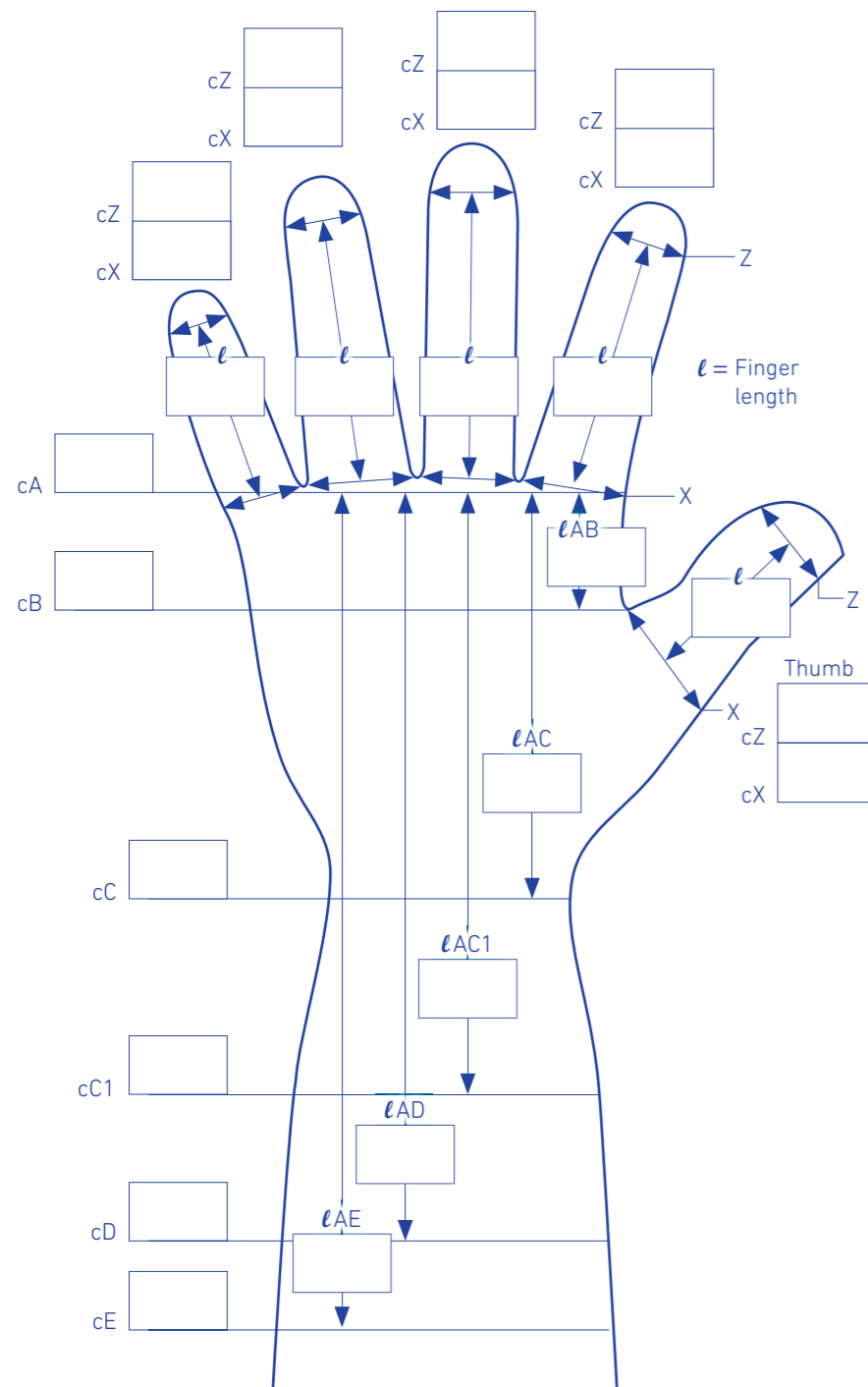
- Extend the arm
- Measured along the inside of the arm
- Perpendicular from marking C to marking G
- Check the length when the patient is standing
 - Divide the difference by two and add it to the length measured when the patient was sitting
- Example:
 - Sitting: 44 cm – standing: 46 cm
 - Difference: 2 cm
 - 1 cm + 44 cm = order a length of 45 cm



MEASUREMENTS FOR LYMPHOLOGICAL ARM SLEEVES AND HAND PRODUCTS



VIDEOS WITH MEASUREMENT INSTRUCTIONS



DOWNLOAD:

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1 MARKING HAND MEASURING POINTS

Measuring point A

- Mark the palm of the hand
- Place the lymphological tape measure from the metacarpophalangeal joint of the little finger to the metacarpophalangeal joint of the index finger
- Put the mark on the side of the tape that is closer to the fingers



Measuring point B

- Mark the palm of the hand
- Shift the lymphological tape measure parallel into the thumb webbing
- Put the mark on the side of the tape that is closer to the fingers



Measuring point C

- Put the mark on the inside of the arm
- With light pressure, run the pen from the thumb toward the wrist
→ look for the suspension point!
- Alternatively: distal (second) wrist fold depending on size of edema



Measuring point C1

- Put the mark on the inside of the arm
- With light pressure, run the pen from the wrist toward the elbow
→ look for the suspension point!



Measuring points of the fingers 1–5

- Put the marks on the back of the fingers
- Mark all bases of the fingers with the toe and finger tape measure
- Tip: Push the tape measure all the way to the web and put the mark toward the body. This will ensure that the glove will not be too long or too short in the finger area.



2 HAND CIRCUMFERENCE MEASUREMENT

Measuring point cA

- Take the circumference reading at the back of the hand
- **Measure next to the skin**



Measuring point cB

- Take the circumference reading at the back of the hand
- **Measure next to the skin**



Measuring point cC

- The circumference is not measured at the level of the marking but above the bony protrusion of the wrist (Proc styloideus ulnae) or on the base of the edema
- Take the circumference reading at the back of the arm
- **Measure next to the skin**



Measuring point cC1

- Take the circumference reading at the back of the arm
- **Measure next to the skin**



Measuring points of the fingers 1–5 cX and cZ

- **Measure next to the skin with millimeter precision**
 - cX = proximal circumference measurement
 - On the marking
 - cZ = distal circumference measurement
 - Lunula, if required, 3 mm distal to the nail bed
- cX measurement must not be less than cZ; if necessary, adapt it to the cX measurement



3 HAND LENGTH MEASUREMENT

Measuring point lAB

- Take the length measurement on the palm of the hand
- From marking A to marking B



Measuring point lAC

- Take the length measurement on the palm of the hand
- From marking A to marking C



Measuring point lAC1

- Take the length measurement on the palm of the hand
- From marking A to marking C1



Measuring points of the fingers 1–5 l

- Take the length measurement at the back of the fingers
- From marking x to the lunula
 - If required, 3 mm distal to the nail bed



DONNING HELPERS AND ACCESSORIES:

PRACTICAL DONNING AID

The VenoTrain glider is a practical aid for putting on and taking off medical compression garments. It can be prescribed by a physician. The lightweight, hard-wearing material makes the sleeve glide effortlessly over the arm. Saving space and time, it is the ideal companion when travelling.

1. Put the pull tape into the VenoTrain glider and slide in the arm. The blue side of the donning aid faces up.
2. Now pull the arm sleeve over the hand up to the upper arm and straighten it (seam in the crook of the elbow).
3. Attach the loop of the VenoTrain glider in a secure position and simply pull it out while holding the compression sleeve with the free arm.



VenoTrain® DONNING GLOVES

These rubber gloves make putting on and taking off VenoTrain compression stockings particularly easy. Thanks to the gripping surface, the knitted fabric is easy to smooth out evenly across the leg. At the same time, the stockings are protected from damage (e.g. caused by fingernails) more effectively. Combined with the VenoTrain glider, the Bauerfeind rubber gloves are the perfect solution for easy and correct donning and doffing of compression garments.



BAUERFEIND CARE FOAM*

- Protects and soothes the skin using panthenol, without leaving oily residues
- Compression stockings can be put on more easily and provide additional support
- Forms an invisible protective layer to guard against germs and fungi
- Regulates and stabilizes: the skin returns to its normal state and becomes smooth
- Especially suitable for patients with diabetes or allergies
- Care foam for use in the morning
- With this care foam, Bauerfeind is expanding its range of care products to allow for different skin types and requirements.



VenoTrain® LOTION*

This intensive care product for dry skin was developed in cooperation with Sebapharma. The gentle lotion is based on an oil-in-water mixture with chamomile extract and allantoin. VenoTrain lotion ensures a natural moisture balance that can be felt straight away:

- Noticeably increased elasticity
- Stabilization of the skin's acid mantle
- Relieves feelings of tension and itching

For use in the evening after taking off the garments



CARING FOR YOUR MEDICAL COMPRESSION GARMENTS

- Avoid ironing and dry-cleaning.
- Increase the useful life of compression garments by hand-washing them daily or using a gentle machine wash cycle (please note the care instructions on the label of the arm sleeve).
- The product can be tumble-dried provided a delicate cycle is chosen (refer to the information on the label).
- However, direct heat must be avoided (radiators, sunshine).
- Use a mild detergent only and avoid the use of additives like fabric softener, optical brighteners or stain removers.
- Please wipe the silicone top band on the inside once a day with a damp cloth.
- Store the VenoTrain compression products in a dry place away from direct light.

VenoTrain® DETERGENT*

FOR THE DAILY CARE OF YOUR MEDICAL COMPRESSION GARMENTS

Gentle and highly efficient cleaning for all garments: this special liquid detergent has a fresh, pleasant scent and lasts for at least 10 washes per bottle. Also suitable for use in washing machines. Caution: Never use fabric softener because this can impair the medical effectiveness of compression garments.

- Gentle care
- Lasting protection
- For all elastic textile materials



VenoTrain® LINGERIE BAG

Secure protection in the washing machine: the zip-up bag made from a durable and particularly fine mesh helps with the sorting of laundry and offers reliable protection against runs and snags in compression garments.

- Hard-wearing
- For 1–2 pairs of garments



* only available in selected countries

Do you have any questions, suggestions or requests? Just get in touch:

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