



# MEASURING INSTRUCTIONS STOCKINGS

AND TOE CAPS

# 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 for arm sleeves including gloves**  
Item no. 271 4210 2021 003

### GENERAL INFORMATION ABOUT MEASUREMENTS:

- Definition of circumference measurement:
  - Phlebological measurement = measurement next to the skin
  - Light lymphological tension = usually with soft tissue:
    - up to initial skin resistance
    - for cD and when measuring the edging
  - Firm lymphological tension = usually with firm (taut) tissue
- Measurements are ideally taken after lymphatic drainage
- Photo documentation is helpful in difficult cases
- Do not measure in skin folds



Measure next to the skin



Light lymphological tension



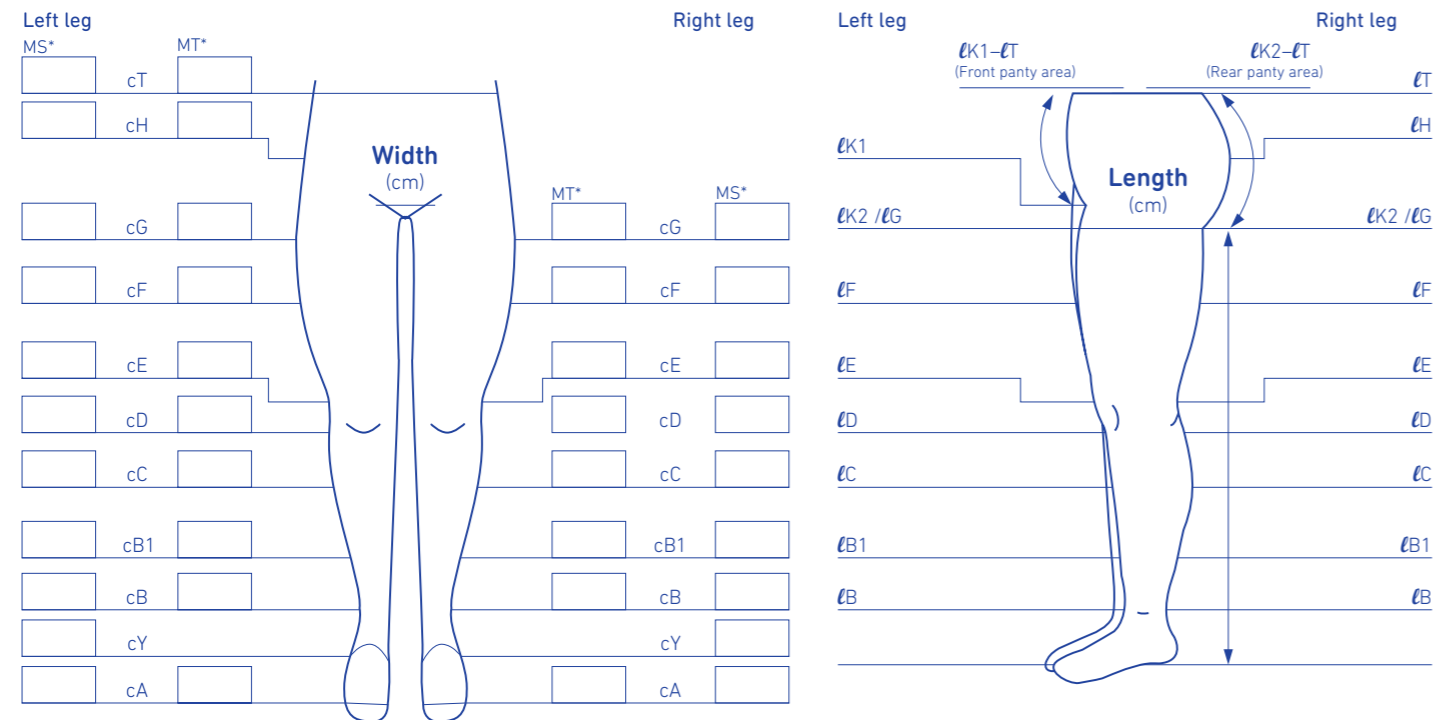
Firm lymphological tension



# MEASUREMENTS FOR LYMPHOLOGICAL STOCKINGS



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 curaflow products – leg**  
<https://www.bauerfeind-group.com/en/service/downloads>

## 1 MARKING LEG MEASURING POINTS

### Marking measuring point A (inside)

- Medial side: base of the big toe
  - With light pressure, run the pen from the big toe toward the ball of the toes  
→ look for the suspension point!
  - Alternatively: second big toe fold with bent toe



### Marking measuring point A (outside)

- Lateral side: base of the little toe
  - With light pressure, run the pen from the little toe toward the midfoot  
→ look for the suspension point!
  - Alternatively: little toe fold with bent toe



### Marking measuring point B

- One finger width above the medial malleolus



### Marking measuring point D

- Two finger widths below the patella
- Alternatively: put your hand into the back of the knee from the medial side and follow the knee fold  
Put the mark one finger width below the knee fold extending to the medial side



# 1 MARKING LEG MEASURING POINTS

## Marking measuring point B1

- Determine the distance between B and D using a lymphological tape measure, then divide into three equal sections
- B1: lower third



## Marking measuring point C

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



## Marking measuring point E

- One finger width above the patella



## Marking measuring point G

- Two finger widths below the crotch



## Marking measuring point F

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



# 2 LEG CIRCUMFERENCE MEASUREMENT

## Measuring point cY

- Circumference around the heel and instep in dorsiflexion with tensed tendons
- **Measure next to the skin**
- Do not measure with tape tightened

### Special request: 90° heel

- For patients who are immobile, sit a lot and patients with a pronounced heel

### Special request: instep widening

- For patients with excess tissue over the anterior ankle region



## Measuring point cB

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



## Measuring point cB1

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



## Measuring point cC

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



## Measuring point cD

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

### Special request: slanted edging on the side

- Always recommended



# 2 LEG CIRCUMFERENCE MEASUREMENT

## Measuring point cE

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

Special request: without anatomical knee (knee ellipse)

- For patients with pronounced tissue around the knee, with a sudden change in knee diameter or padding at the back of the knee



## Measuring point cF

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



## Measuring point cG

- Ask the patient to stand up from lying down
- Position the lymphological tape measure along the gluteal fold, not on the marking!
- Measure next to the skin
- Measure with
- **firm lymphological tension for AT**
- **light lymphological tension for AG**

Special request: slanted edging on the side

- Always recommended
- Special request: higher leg at the front for anatomical shape

- Always recommended
- Only available with slanted edging



## Measuring point cH

- At the widest part of the buttocks
- Measure next to the skin
- Measure **with firm lymphological tension**



## Measuring point cT

- Edging
  - Ideally, look for the anatomical suspension point or below the breast
  - Should be above the navel
    - Drainage divide
- Measure next to the skin
- Measure **with light lymphological tension; use phlebological measurement, if required**



## Measuring point cA

- With full weight on foot
- Measure next to the skin (from marking to marking)
- Measure **with light lymphological tension**
- Caution! Foot shape must not change

Special request: hallux

- For patients with pronounced hallux for pressure relief in the hallux region



## Special request: anatomical foot (measuring points cA1 and IA1)

- Circumference in the widest or narrowest area of the midfoot
  - **Measure with phlebological to light lymphological tension**
  - Length from heel to midfoot along the medial side
- Please note: Measuring point A1 is positioned differently if a toe cap is required



## 3 LEG LENGTH MEASUREMENT

### Measuring points LZ, LAi, LA

- LZ:  
Entire length of foot: distance from heel to end of big toe or second toe
- LAi:  
Length of medial foot side: distance from heel to big toe skin fold
- LA:  
Length of lateral foot side: distance from heel to little toe skin fold



### Measuring point LB

- Measured along the medial side
- Perpendicular from the sole of the foot to marking B



### Measuring point LB1

- Measured along the medial side
- Perpendicular from the sole of the foot to marking B1



### Measuring point LC

- Measured along the medial side
- Perpendicular from the sole of the foot to marking C



### Measuring point LD

- Measured along the medial side
- Perpendicular from the sole of the foot to marking D



### Measuring point LE

- Measured along the medial side
- Perpendicular from the sole of the foot to marking E



### Measuring point LF

- Measured along the medial side
- Perpendicular from the sole of the foot to marking F



## 3 LEG LENGTH MEASUREMENT

### Measuring point IK1

- Measured from the front
- Perpendicular from the sole of the foot to the groin at the level of the pubic bone (halve the thigh, then halve it again)

TIP: Position the tape measure with the zero on the groin and include the front panty area height in your measurement.



### Measuring point IK1 – IT (front panty area)

- Measure next to the skin
- From K1 to panty area edging T



### Measuring point IG / IK2

- Measured from the back
- Perpendicular from the sole of the foot to the gluteal fold

TIP: Position the tape measure with the zero on the gluteal fold and include the rear panty area height in your measurement.



### Measuring point IK2 – IT (rear panty area)

- Measure next to the skin
- From the gluteal fold to the panty area edging T
- Ask the patient to bend forward



### Measuring point LH

- Measured along the lateral side
- Perpendicular from the sole of the foot to the widest part of the buttocks



### Measuring point IT

- Measured along the lateral side
- Perpendicular from the sole of the foot to the panty area edging



## VISCOELASTIC PELOTES

### Measuring point P1

- Circumference from the medial malleolus to the lateral malleolus via the Achilles tendon



### Measuring point P2

- Circumference from the medial malleolus to the lateral malleolus via the sole of the foot



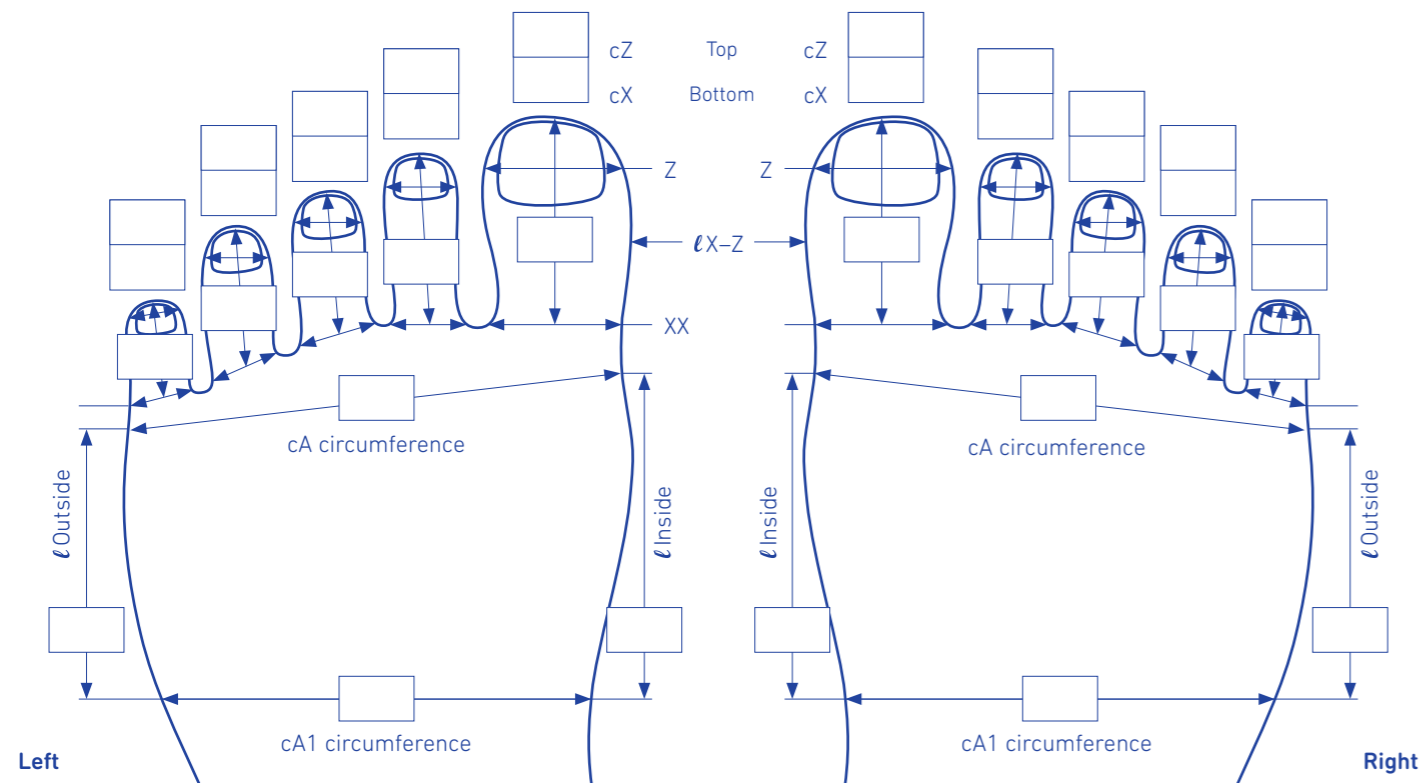




# MEASURING FOR LYMPHOLOGICAL TOE PRODUCTS



VIDEOS WITH  
MEASUREMENT  
INSTRUCTIONS



## DOWNLOAD:

Lymphology order sheets: Order sheet for custom-made Venotrain curaflow products – toe cap

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

# 1 MARKING TOE CAP MEASURING POINTS

## Marking measuring point A (inside)

- Medial side: base of the big toe
- With light pressure, run the pen from the big toe toward the ball of the toes  
→ look for the suspension point!
- Alternatively: second big toe fold with bent toe



## Marking measuring point A (outside)

- Lateral side: base of the little toe
- With light pressure, run the pen from the small toe toward the midfoot  
→ look for the suspension point!
- Alternatively: little toe fold with bent toe



## Marking measuring point A1

- Mark the inside and outside of the foot
- Please note: The toe cap should not finish on the head of the fifth metatarsal



## Marking the toes 1–5 X

- Mark all bases of the toes with the toe and finger tape measure

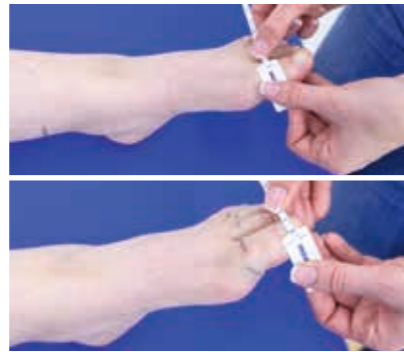
Tip: Push the tape measure all the way to the web and put the mark toward the body. This will ensure that the toe cap will not be too long or too short in the toe area.



## 2 TOE CAP CIRCUMFERENCE MEASUREMENT

### Measuring points for toes 1–5 cX and cZ

- Measure next to the skin with millimeter precision
  - cX = proximal circumference measurement
    - On the marking
  - cZ = distal circumference measurement
    - Middle of the toenail
  - cX measurement must not be less than cZ; if necessary, adapt it to the cX measurement
- The fifth toe (little toe) should only be covered by the stocking in exceptional cases (in the event of edematous swelling), but it must be measured anyway!



### Measuring points cA and cA1

- Ask the patient to stand up from lying down
- With full weight on foot
- cA – Measure next to the skin (from marking cA to marking cA)
- cA1 – Measure next to the skin (from marking cA1 to marking cA1)



## 3 TOE CAP LENGTH MEASUREMENT

### Measuring points lX–lZ

- Measure the length with millimeter precision
  - From marking X to the end of the toenail



### Measuring point l outside and l inside

- With full weight on foot
- l Outside – Measure the length of the small toe fold marking (A) to the marking at the end of the toe cap (A1)
- l Inside – Measure the length of the big toe fold marking (A) to the marking at the end of the toe cap (A1)



VenoTrain® curaflow  
Seamless toe cap



VenoTrain® curaflow  
Toe cap with seam



VenoTrain® curaflow  
with sewn-on toe loops

## DONNING HELPERS AND ACCESSORIES:

### PRACTICAL DONNING AID

VenoTrain glider is a practical aid for putting on and taking off medical compression stockings. This useful aid made of silicone-coated polyamide makes it easy to slide the stocking (or sleeve) over the leg (or arm). It is compact, time-saving and reusable, meaning that the VenoTrain glider is also ideal for traveling.



Whether open or closed toe – with the VenoTrain glider, you can put on any compression stocking in next to no time:

1. Position the non-slip foam base on the floor with the tip pointing forward.
2. Place the VenoTrain glider on top of the base with the white side up.
3. Place the toes in the marked semicircle, then push the foot gently forward.
4. Let the foot glide into the donning aid.
5. Smooth the compression stocking, together with the VenoTrain glider, upward over the foot (starting, as usual, from the toe). The stocking can now easily be put on the leg.
6. Finally, using the tape, pull the VenoTrain glider up out of the stocking.

### 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 stockings.



### 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 care 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 stockings



## CARING FOR MEDICAL COMPRESSION STOCKINGS:

- Avoid ironing and dry-cleaning.
- Increase the useful life of compression stockings by hand-washing them daily or using a gentle machine wash cycle (please note the care instructions on the label of the stockings).
- 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 stockings in a dry place away from direct light.

### VENOTRAIN® DETERGENT\* FOR THE DAILY CARE OF COMPRESSION STOCKINGS

Gentle and highly efficient cleaning for all stockings: 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 stockings.

- 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 stockings.

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



\* only available in selected countries



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

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