










# MEASUREMENT INFORMATION

 Platinum	 Platinum/Orange
 Black	 Black/Colour
 Flesh	 Transparent/Orange
 White	 Black/Grey
 Grey	

## 1 • NECK HEIGHT

Distance between the prominence of the occipital bone and the forward-protruding spinous process of the 7th cervical vertebra

## 1A • NECK CIRCUMFERENCE

Measured over the larynx

## 1B • HEIGHT OF THE CERVICAL COLLAR

Face forwards, lower edge of the chin down to the sternoclavicular

## 2 • CIRCUMFERENCE OF THE MIDDLE OF THE BICEPS

## 3 • ELBOW JOINT CIRCUMFERENCE

Circumference above the elbow joint space (extended)

## 4 • ARM CIRCUMFERENCE

Largest circumference of the forearm

## 5 • FOREARM LENGTH

Length from the middle of the elbow to the knuckle of the index finger

## 6 • WRIST CIRCUMFERENCE

## 7 • WIDTH OF THE HAND OVER THE METACARPO-PHALANGEAL JOINTS

## 8 • HAND LENGTH

Length from the wrist to the fingertip measured on the inside of the hand

## 9 • CHEST CIRCUMFERENCE

Above the chest below the axillae

## 10 • WAIST CIRCUMFERENCE

## 11 • BODY CIRCUMFERENCE

## 12 • PELVIC CIRCUMFERENCE

## 13 • BACK LENGTH

The length of the back is measured with the client seated from C7 (vertebra prominens) to the chair surface

## 14 • CIRCUMFERENCE 15 CM ABOVE THE KNEE JOINT SPACE

## 15 • "F" MEASUREMENT

14 cm above the knee joint space

## 16 • KNEE JOINT CIRCUMFERENCE

Extended

## 17 • "D" MEASUREMENT

14 cm below the knee joint space

## 18 • DISTAL TIBIA CIRCUMFERENCE

## 19 • ANKLE CIRCUMFERENCE

## 20 • CIRCUMFERENCE OF FOREFOOT

Behind the pad

## 21 • FIBULAR HEAD HEIGHT

Height from the floor to the fibula head

## 22 • ANKLE HEIGHT

The other ankle height from the floor to the middle of the ankle

