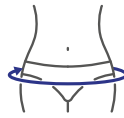


MEASUREMENTS

BACK



Measure the waist circumference at the level of the navel



Measure the hip circumference

NECK

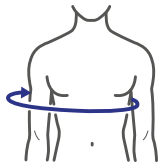


Measure the neck circumference



Measure the neck height, head upright, from the trachea to the chin

SHOULDER - ELBOW



Measure the circumference under the chest with the injured arm.



Measure the arm circumference at the biceps level.



Measure the X cm circumference under the elbow

WRIST - FINGERS



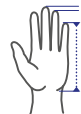
Measure the circumference of the wrist



Measure the width of the hand at the level of the metacarpals



Measure the circumference of the index finger at the base of the nail



Measure the distance between the tip of the injured finger and the wrist

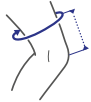
KNEE - CALF



Measure the circumference of the knee in the middle of the patella, knee in slight flexion.



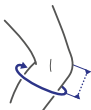
Measure the circumference of the calf 25 mm below the fibular head



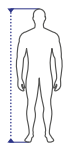
Measure the circumference of the thigh at the highest point or X cm above the knee.



Measure the width of the knee



Measure calf circumference Y cm below the knee.



Measure the size



Measure the circumference of the thigh X cm above the knee and the calf circumference Y cm below the knee.



Measure the floor-to-groin height

ANKLE - FOOT



Measure the circumference of the ankle above the malleoli



Measure the short heel circumference



Foot length



Shoe size (UK)