

# ARM MEASURING INSTRUCTIONS

## Forms required:

Arm measurement form - 3A  
Hand measurement—Glove, gauntlet (for glove or gauntlet) and finger stall - 3B & 3C  
Hand/Foot Outline form

The measurer requires two dressmaking measuring tapes and adhesive tape (available from TSL). One tape is marked every 4 cms.

The arm is to be at 45 degree angle from the body.

Rest hand on back of chair or bench top.

To find wrist crease, bend the hand back until the crease forms.



Place a pre marked measuring tape along the dorsum of the arm extending into the shoulder.



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Measure every four centimetres up the arm until you reach the axilla or the desired length, as shown below.

Measuring tape must be firm but not tight.

Make sure to indicate elbow position on your measuring form with an asterisk.



For arm sleeve with shoulder cap take the following measurements.



(A) Length from axilla (i.e. last arm measurement) to desired height along shoulder. (Position of bra strap is recommended.)



(B) Length from shoulder to opposite axilla.

If the measurements appear inaccurate contact TSL

**TSL have trained Clinical Advisers available from 8am—5pm Mon—Fri to help with these instructions.**