

HAND MEASURING INSTRUCTIONS

Forms required:

Hand measurement form - 3B & 3C
Hand/Foot Outline form

Measure with narrow measuring tape
(available from TSL).

Place all measurements in
the boxes provided on the
Hand Measurement form.

Take hand outline
(Use Hand/Foot Outline form)



The hand must lay flat as possible, keeping the
middle finger in line with the forearm. Trace the
hand as clearly as possible making sure the web
heights are accurately marked.

If the hand/fingers are contracted, measure hand
and write true lengths on hand outline.

If web spaces are not affected, trace opposite hand
and retrace mirror image.

Indicate:
Open tip lengths
Closed tip



**Therapist
Support
Laboratory**

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Measure all DIP, PIP
circumferences using a
narrow measuring tape.



Measure the wrist
circumference at the
wrist crease.



Measure the palm
circumference, not including
the thumb, just below
the MCP level.



All gloves to the wrist end 4 cm past the wrist unless
otherwise requested.

If the measurements appear irregular contact TSL.

Option: Email photo of hand to tsl@tslaustralia.com.au