

# Measuring Instructions

## LegAssist™ - LCS (Lobule Compression System)



All measurements must be taken in a straight line, unless otherwise specified, with the tape measure following the contours of the limb. Do not pull the tape tight; hold it lightly against the skin.

**\*Digital photos are required.**

*Please take photos after taking measurements, with measurement marks on limb visible.*

### STEP 1 - Locate Landmarks

1. Select a zero point in the lower region of the thigh, circle leg with tape measure, make certain the tape is parallel with the floor. Mark leg on top edge of tape at the **anterior**, **lateral**, **posterior**, and **medial** aspects, and record the **circumference** on the line labeled **Ø Point**.
2. Encircle leg with **bottom edge** of tape measure aligned parallel with the floor and located approximately 8-10cm from bottom of lobule. Mark leg on this edge of tape at the **anterior**, **lateral**, **posterior**, **medial** aspects, and record the circumference on the line labeled **Bottom of Garment**.
3. Encircle leg with **top edge** of tape measure aligned with the **Gluteal Fold**. Mark leg on this edge of tape at the **anterior**, **lateral**, **posterior**, **medial** aspects, and record the circumference on the line labeled **Gluteal Fold**.

### STEP 2 - Locate Circumference Measurement Positions

1. Starting with "0" of the tape measure at your mark on the **lateral** aspect of the **Ø Point**, mark the leg in 5cm increments down to your mark on the **lateral** aspect of the **Bottom of Garment**.
2. Repeat step 1, only this time from the **Ø Point** to the lateral aspect of the **Gluteal Fold**.

### STEP 3 - Measure Lengths

1. **Lateral Lengths (A1)**: Measure upper leg from your mark on **lateral** aspect of **Ø Point** to your mark on **lateral** aspect of **Gluteal Fold** and record length on **Line A1**.
2. **Medial Length (B1)**: Measure upper leg from your mark on the **medial** aspect of **Ø Point** to your mark on **medial** aspect of **Gluteal Fold** and record length on **Line B1**.
3. **Posterior Length (C1)**: Measure upper leg from your mark on the **posterior** aspect of **Ø Point** to your mark on **posterior** aspect of **Gluteal Fold** and record length on **Line C1**.
4. **Anterior Length (D1)**: Measure upper leg from your mark on the **anterior** aspect of **Ø Point** to your mark on **anterior** aspect of **Gluteal Fold** and record length on **Line D1**.

(Continued on next page)