

LYMED[®] v2.5

MEASURING INSTRUCTIONS

WHAT YOU NEED FOR MEASURING

- A thin measuring tape with an end hook (for best accuracy)
- Pen for marking the skin
- Ruler for measuring glove

PREPARING FOR MEASURING

- Make sure that the client is standing calmly, hands relaxed on the side.
- All the measurements should be taken while the client is in a standing position. Mark down on the additional information field of the order form if the measurements are taken with the client sitting down. Try to avoid taking measurements of the midsection in a sitting position. If necessary, the client can be exceptionally measured whilst laying down. This should also be mentioned on the additional information field.

NB!

- Please note that if the client is shapely (e.g. obese, muscular) or has anatomical abnormalities, it is recommended to take extra measurements where needed. These can always be reported in the additional information field.
- We recommend sending a photo with your order to assist in the production process. Please ensure that the photo preserves the customer's anonymity.



MEASURING

- Mark the locations of the measuring points with a pen directly onto the skin. This will make it easier and faster to measure. The usage of two or more measuring tapes or elastic bands could be helpful in measuring. Use a ruler when measuring the vertical lengths for gloves.
- Note that the measuring points with the same code indicate the same anatomical points in different garments.
- Women are recommended to be measured with their bra on if they are wearing them underneath the garment.
- Clients wearing a diaper underneath the garment should be measured with a diaper on.
- Use a thread to assist in the measuring of very small circumferences in toes and fingers (e.g. babies). Place the thread e.g. around the finger where needed and measure the length of the thread that went into the circumference.



Correct



Too tight



Too loose

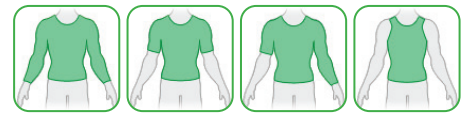


Correct: straight

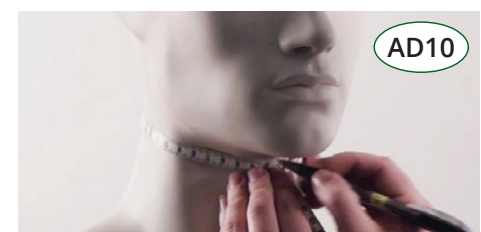
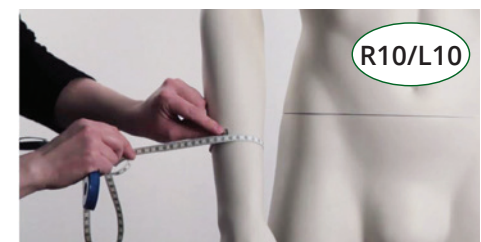
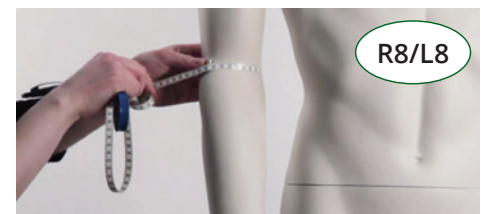


Incorrect: oblique

- Place the measuring tape tightly against the skin, precisely either vertically or horizontally.
- Make sure that the measuring tape is not curved or twisted.
- Use the hook at the end of the measuring tape. It improves accuracy and allows you to measure with one hand and write with the other.



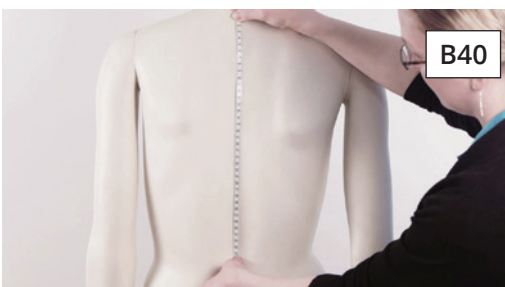
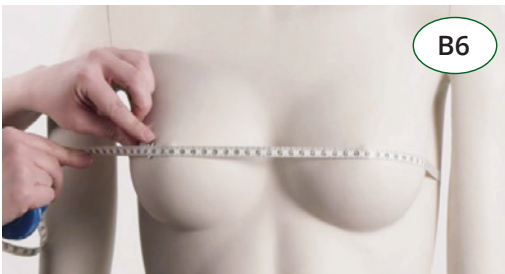
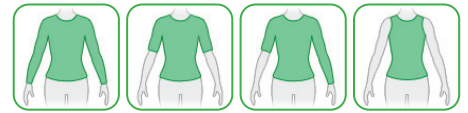
- A** Identify point A on both sides. Point A is at the intersection of the shoulder line and neck line, where trapezoid meets neck muscles. Mark them with a pen.
- B1** Circumference of the natural neckline via A points.
- B2** Circumference of the chest directly under the axillae. Make sure that the measuring tape runs in a straight horizontal line, even at the back.
- B3** Vertical length from point A to B2.
- B9** Circumference of the waist, usually the narrowest part of the midsection. Waist can be found easily by asking the client to do some light side-to-side or back bending.
- B11** Length from point A to B9.
- B12** Circumference of the point where the vest should end.
- B13** Vertical length from point B9 to B12.
- B14** Circumference taken from the halfway point of length B13.
- B15** Vertical length from point B9 to B14.
- B17** Length from point A to B12 (where the vest should end).
- B40** Vertical length from the back of the torso. The measurement runs from the vertebra C7 (usually at the same level with A points) to waist (B9).
- R1 / L1** Circumference from point A going from under the axilla and back to point A.
- R3 / L3** Vertical length from point A to the edge of the shoulder.
- R4 / L4** Measure the length from the shoulder to the elbow. For a short-sleeved shirt, measure to the desired sleeve endpoint.
If the sleeve extends below the bicep, divide the length into three equal parts. If it ends at or above the bicep, divide it into two equal parts. Mark the points.
- R5 / L5** Vertical length from elbow to wrist. Divide the length to three equal parts. Mark the locations.
- R6 / L6** Circumference of the marked location.
- R7 / L7** Circumference of the marked location.
- R8 / L8** Circumference of the elbow.
- R9 / L9** Circumference of the marked location.
- R10 / L10** Circumference of the marked location.
- R11 / L11** Circumference of the wrist.
- R12 / L12** Vertical length from the axilla to R/L11 or at the desired end of the sleeve.
- AD10** **Only for turtleneck:** Circumference of the upper edge of the turtleneck collar.
- AD11** **Only for turtleneck:** Desired height of the turtleneck collar.



SCAPULA SUPPORT VEST

Measure a vest following the instructions above. Additional measure:

- E1** Measure from point A to the highest point of the shoulder blade on the same side (see picture from measuring instruction form 4)



A Identify point A on both sides. Point A is at the intersection of the shoulder line and neck line, where trapezoid meets neck muscles. Mark them with a pen.

B1 Circumference of the natural neckline via A points.

B2 Circumference of the chest directly under the axillae. Make sure that the measuring tape runs in a straight horizontal line, even at the back.

B3 Vertical length from point A to B2.

B4 Circumference right under the breasts.

R2/L2 Vertical length from B2 to B4 over the highest point of the breast.

B6 Circumference at the highest point of the breasts.

B7 Width of the right breast from the center of sternum to the right side of the body (to the supposed side seam of the garment).

B8 Width of the left breast from the center of sternum to the left side of the body (to the supposed side seam of the garment).

B9 Circumference of the waist, usually the narrowest part of the midsection. Waist can be found easily by asking the client to do some light side-to-side or back bending.

B10 Length from point A to B9, running between the breasts.

B12 Circumference of the point where the vest should end.

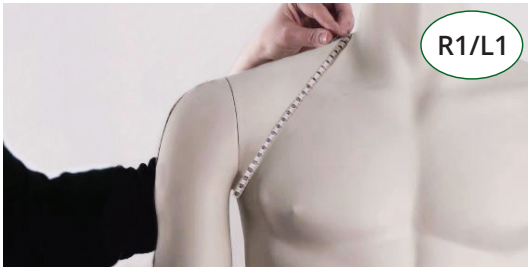
B13 Vertical length from point B9 to B12.

B14 Circumference taken from the halfway point of length B13.

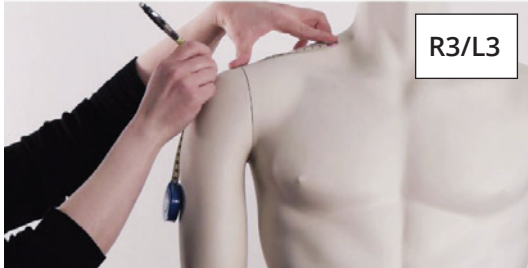
B15 Vertical length from point B9 to B14.

B16 Length from point A to B12 (where the vest should end), running between the breasts.

B40 Vertical length from the back of the torso. The measurement runs from the center back neck (vertebra C7, usually at the same level with A points) to the waist (B9).



R1 / L1 Circumference from point A going from under the axilla and back to point A.



R3 / L3 Vertical length from point A to the edge of the shoulder (feel for the end of the flat bone at the end of the shoulder).



Measure the length from the shoulder to the elbow. For a short-sleeved shirt, measure to the desired sleeve endpoint.

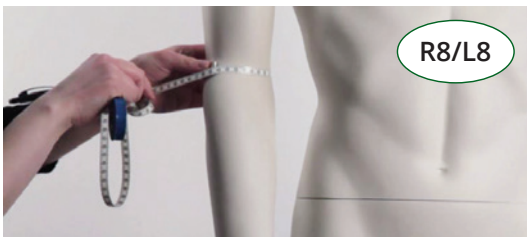
R4 / L4 If the sleeve extends below the bicep, divide the length into three equal parts. If it ends at or above the bicep, divide it into two equal parts. Mark the points.



R5 / L5 Vertical length from elbow to wrist. Divide the length into three equal parts. Mark the locations.

R6 / L6 Circumference of the marked location.

R7 / L7 Circumference of the marked location.



R8 / L8 Circumference of the elbow.

R9 / L9 Circumference of the marked location.



R10 / L10 Circumference of the marked location.

R11 / L11 Circumference of the wrist.

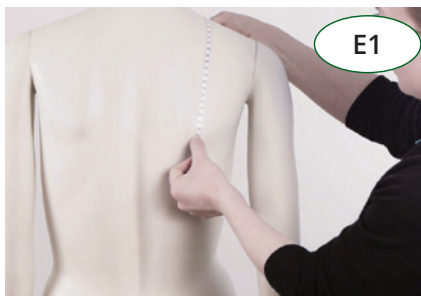


R12 / L12 Vertical length from the axilla to R/L11 or at the desired end of the sleeve.

AD10 **Only for turtleneck:** Circumference of the upper edge of the turtleneck collar.

AD11 **Only for turtleneck:** Desired height of the turtleneck collar.

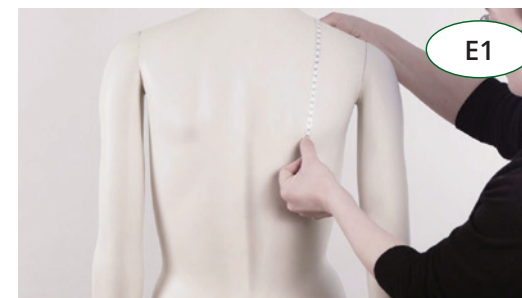
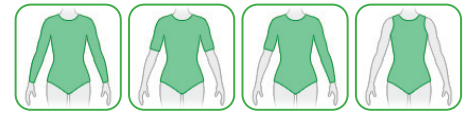
Customer with a prominent belly:
 Use supplementary measurement form 19 to ensure the fit of the product.



SCAPULA SUPPORT VEST

Measure a vest following the instructions above.
 Additional measure:

E1 Measure from point A to the highest point of the shoulder blade on the same side.



BODY

The upper body should be measured as a vest.
Additional measurement:

B30 Circumference from point A back to same point A, running between the legs and the breasts.

Please note when taking measurements B12/B13, ensure that the measurement location is directed to the point from which you want the side of the product's leg opening to begin.

BODY WITH LEGS
The upper body should be measured as a vest. Measure B30 as instructed above. Additional measurements:

R53 / L53 Circumference of upper thigh.

R51 / L51 Vertical length from R53/L53 to where the leg of the body ends.

R53a / L53a Measure the upper circumference of the thigh as high as possible from the crotch. The measurement goes over the top of the buttock

R51a / L51a Length measurement between measurements R53a/L53a and R53/L53.

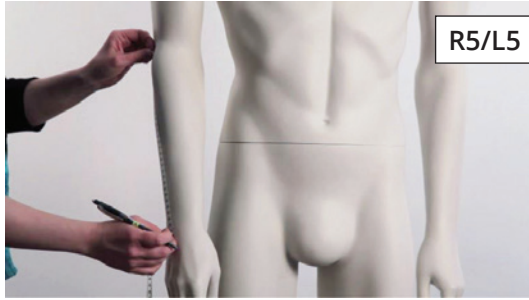
R54 / L54 Circumference of the end point of the leg.

B27 Vertical length from waist to R53/L53

When ordering a body with long legs (overall), measure them as trousers.

SCAPULA SUPPORT BODY
The upper body should be measured as a vest. Measure B30 as instructed above. Additional measurements:

E1 Measure E1 from point A to the highest point of the shoulder blade (see the picture.)

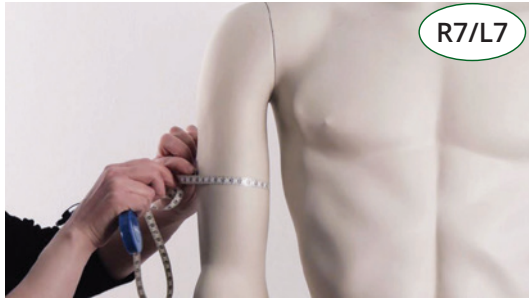


R5/L5

SLEEVE

Mark the upper and the lower edge of the sleeve.

R4 / L4 Vertical length is taken from the desired upper edge to the elbow. Divide and mark the length into two equal parts.



R7/L7

R5 / L5 Vertical length from the elbow to the wrist. In case of regular sleeve, measure the length to the desired end point of the sleeve. Divide and mark the length into three equal parts.

R6 / L6 Circumference of the desired upper edge of the sleeve.

R7 / L7 Circumference of the marked location.



R8/L8

R8 / L8 Circumference of the elbow.

R9 / L9 Circumference of the marked location.



R10/L10

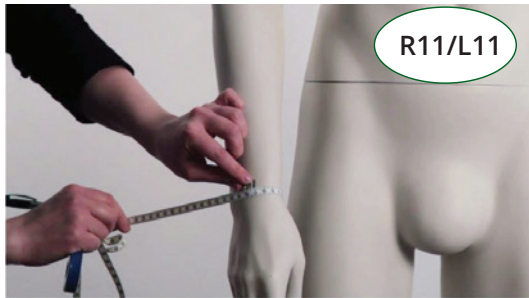
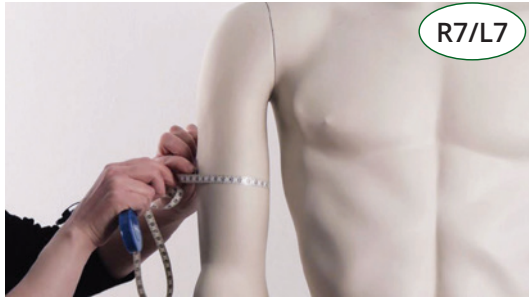
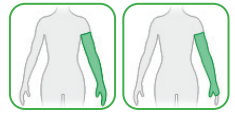
R10 / L10 Circumference of the marked location.

R11 / L11 Circumference of the wrist.



R11/L11

R12 / L12 Vertical length from the axilla to R/L11. In case of regular sleeve, measure the length to the desired end point of the sleeve.



SLEEVE

Mark the upper edge of the sleeve.

R4 / L4

Vertical length is taken from the desired upper edge to the elbow. Divide and mark the length into two equal parts.

R5 / L5

Vertical length from the elbow to the wrist. In case of regular sleeve, measure the length to the desired end point of the sleeve. Divide and mark the length into three equal parts.

R6 / L6

Circumference of the desired upper edge of the sleeve.

R7 / L7

Circumference of the marked location.

R8 / L8

Circumference of the elbow.

R9 / L9

Circumference of the marked location.

R10 / L10

Circumference of the marked location.

R11 / L11

Circumference of the wrist.

R12 / L12

Vertical length from the axilla to R/L11.

SLEEVE PALM GLOVE

Measure the sleeve (order form 5, 6 or 7) and the palm glove (order form 8). Please pay attention that the measurement R11/L11 must be the same on the both order forms.

SLEEVE GLOVE

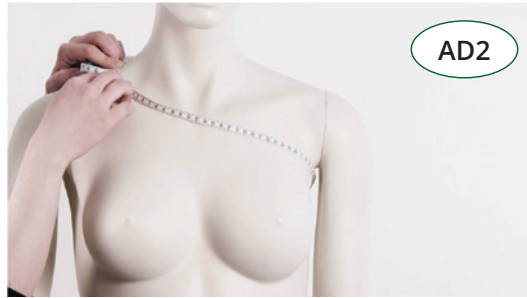
Measure the sleeve (order form 5, 6 or 7) and the glove (order form 8). Please pay attention that the measurement R11/L11 must be the same on the both order forms.



AD1

MODEL 1

AD1 Circumference around the fastening point. Starting from point A, measuring between the breasts, going around the opposite side and back to point A.



AD2

MODEL 2

AD2 Circumference around the fastening point. Starting from point A, going under the opposite axilla and back to point A.



B2

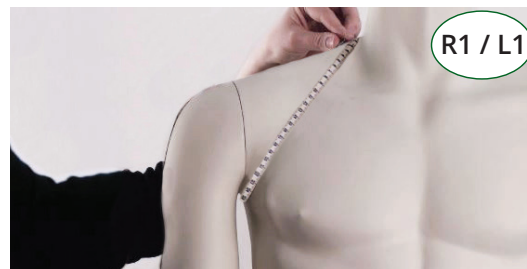
MODEL 3 - OPPOSITE SLEEVE

A Mark the A-points at the intersections of the shoulder line and the neck, where the deltoid muscles attach to the neck muscles.

B2 Circumference of the chest directly under the axillae. Make sure that the measuring tape runs in a straight horizontal line, even from the back.

B3 Vertical length from point A to B2.

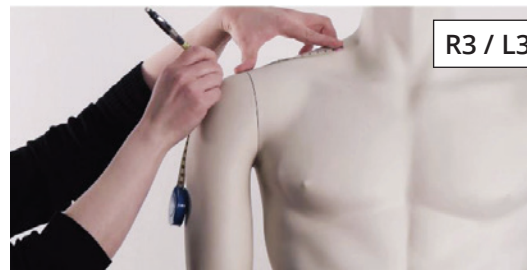
R1 / L1 Circumference from point A going from under the axilla and back to point A.



R1 / L1

R3 / L3 Vertical length from point A to the edge of the shoulder.

R4 / L4 Measure the length from the tip of the shoulder to the elbow. Divide the length into three equal parts and mark the positions.



R3 / L3

R5 / L5 Length measurement from the elbow to the wrist or to the desired endpoint. Divide the length into three equal parts and mark the positions.



R4 / L4

R6 - R11
L6 - L11 Circumference measurements of the marked points.

R12 / L12 Length measurement from the axilla to the wrist.



GLOVE The arm is measured against a flat surface, relaxed, with the palm facing up.

R11 / L11 Circumference of the wrist.

R15 / L15 Vertical length from the wrist to the upper end of the glove. Mark the location where the glove ends.

R16 / L16 Circumference of the point where the glove ends.

R17 / L17 Vertical length from the base of the thumb directly towards the wrist line.

R18-20 / L18-20 Vertical lengths from the space between fingers to the wrist, taken from the palm side of hand with a ruler.

R21 / L21 Circumference of the palm at the MCP, fingers straight and closed together.

R22 / L22 Circumference of the MP-joint of the thumb.

R23 / L23 Circumference of the DIP-joint of the thumb.

R24 / L24 Vertical length of the thumb or to the point where the open-tip glove should end.

R25-27 / L25-27 Three circumferences of the joints of the index finger from the crease upwards.

R28 / L28 Vertical length of the index finger or to the point where the open-tip glove should end.

R29-31 / L29-31 Three circumferences of the joints of the middle finger from the crease upwards.

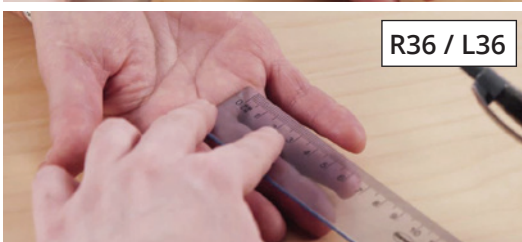
R32 / L32 Vertical length of the middle finger or to the point where the open-tip glove should end.

R33-35 / L33-35 Three circumferences of the joints of the ring finger from the crease upwards.

R36 / L36 Vertical length of the ring finger or to the point where the open-tip glove should end.

R37-39 / L37-39 Three circumferences of the joints of the little finger from the crease upwards.

R40 / L40 Vertical length of the little finger or to the point where the open-tip glove should end.



PALM GLOVE

Measure like the glove following the instructions above. Finger measurements are only needed for the thumb. Vertical lengths L18/R18 - L20/R20 should be measured to the point where the palm glove should end, not to the space between fingers.

GLOVE OR PALM GLOVE WITH SLEEVE

Measure both sleeve (order form 6, 7 or 8). Please pay attention that the measurement R11/L11 must be the same on the both order forms.

DIGITAL CAP

Measure the dimensions of the desired finger as in a glove.



PANTS

B20 Circumference of the waist, usually the narrowest part of the mid-section. Waist can be found easily by asking the client to do light side-to-side or back bending. This is the upper edge of the trousers for the normal waist model. Mark the location on the anterior side of the body.

B21 Only for high-waist model. Circumference of the desired upper edge of the trousers. Measure only for the high-waist model. Mark the location on the anterior side of the body.

B22 Vertical length between the desired upper edge (B21) and the waist (B20), at the anterior side of the body. Measure only for the high-waist model.

B23 Circumference of the upper pelvis.

B24 Vertical length between the upper pelvis (B23) and the waist at the anterior side of the body.

B25 Circumference of the widest point of the pelvis. If the customer's widest point is below the crotch line, take the measurement 5 cm above the crotch line. Mark the point on the anterior side of the body.

B26 Vertical length between the widest point of the pelvis (B25) and the waist, at the anterior side of the body.

B27 Vertical length from the waist to the upper thigh (R53/L53) at the anterior side of the body.

R51 / L51 Vertical length from the upper thigh to the knee (middle of the patella), at the anterior side of the leg. Divide the length into three equal parts, mark the locations.

R52 / L52 Vertical length from the knee (patella) to the narrowest point of the ankle or to desired lower edge of the leg, at the anterior side of the body. Divide the length into three equal parts, mark the locations.

R53 / L53 Circumference of the upper thigh.

R53a / L53a Measure the upper circumference of the thigh as high as possible from the crotch. The measurement goes over the top of the buttock

R51a / L51a Length measurement between measurements R53a/L53a and R53/L53.

R54 / L54 Circumference of the marked location.

R55 / L55 Circumference of the marked location.

R56 / L56 Circumference of the knee (at the middle of patella).

R59 / L59 Circumference of the marked location.

R60 / L60 Circumference of the marked location.

R61 / L61 Circumference of the ankle.

STOCKINGS

Measure trousers following the instructions above. Measurements of the foot should be measured following the measuring instructions of an ankle sock.

Customer with a prominent belly:
Use supplementary measurement form 19 to ensure the fit of the product.



R51/L51

Vertical length from the desired upper edge of the sock/leg to the knee (middle of the patella) at the anterior side of the leg. Divide the length into three equal parts, mark the locations.



R52/L52

Vertical length from the knee (patella) to the narrowest point of the ankle at the anterior side of the leg. Divide the length into three equal parts, mark the locations.

R53/L53

Circumference of the upper edge of the leg.

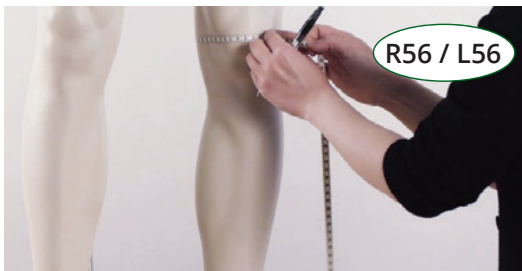


R54/L54

Circumference of the marked location.

R55/L55

Circumference of the marked location.



R56/L56

Circumference of the knee (at the middle of patella).

R59/L59

Circumference of the marked location.



R60/L60

Circumference of the marked location.

R61/L61

Circumference of the ankle.



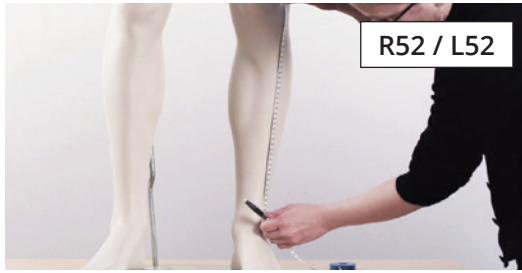
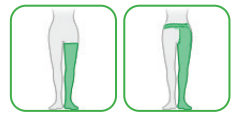
B27

Vertical length from the upper edge of the sock (L53/R53) to the desired upper edge of the waist strap at the anterior side of the body.

B20

Circumference of the upper edge of B27 measurement.

WAIST STRAP FOR LEG



R52 / L52

R51 / L51 Vertical length from the desired upper edge of the sock to the knee (middle of the patella) at the anterior side of the leg. Divide the length into three equal parts, mark the locations.



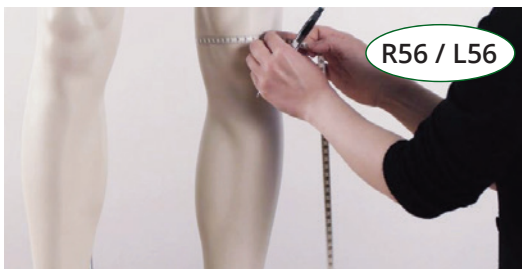
R53 / L53

R52 / L52 Vertical length from the knee (patella) to the narrowest point of the ankle at the anterior side of the leg. Divide the length into three equal parts, mark the locations.



R55 / L55

R53 / L53 Circumference of the upper edge of the sock.



R56 / L56

R54 / L54 Circumference of the marked location.

R55 / L55 Circumference of the marked location.

R56 / L56 Circumference of the knee (at the middle of patella).



R60 / L60

R59 / L59 Circumference of the marked location.

R60 / L60 Circumference of the marked location.

R61 / L61 Circumference of the ankle.

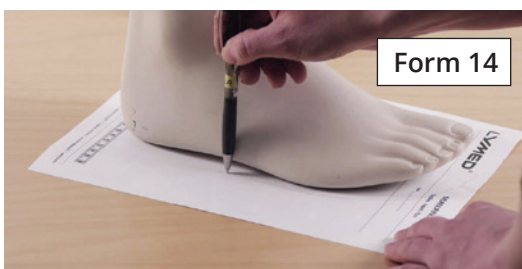


R61 / L61

R63 / L63 Vertical length from the upper edge of the sock to the ankle at the anterior side of the leg.

R64 / L64 Diagonal circumference from the top of the heel to the ankle joint.

R65 / L65 Circumference at the highest point of metatarsus, mark the location.



Form 14

R66 / L66 Circumference from the neck of the metatarsal (MTP) of the little toe, mark the location.

R67 / L67 Vertical length from the ankle (R61/L61) to the floor at the lateral side of the foot.

R68 / R68 Horizontal length from the heel to the highest point of metatarsus (R65/L65). Place a pen behind the heel to help with the measuring. Place the measuring tape along the surface of the floor.

R69 / R69 Horizontal length from the heel to the neck of the metatarsal (MTP) of the little toe (R/L66). Place a pen behind the heel to help with the measuring.

R70 / L70 Horizontal length from the heel to the top of the big toe. Place a pen behind the heel to help with the measuring.

TIP CLOSED

Draw the outline of the foot on measuring paper (order form 14.)

TIP OPEN

Measure R69/L69 from the outer edge/lateral side (pinkie toe side) up to the desired endpoint of the tip section, and take the circumference measurement R/L66 at this point. The outer edge is patterned according to the given measurement, while the inner edge is extended by 1.5 cm to improve fit.

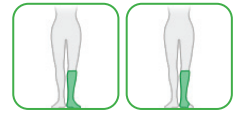
FOOT GLOVE AND OTHER OPTIONS FOR THE FOOT TIP

Measure following the foot glove measuring instructions and fill on order form 13.

WAIST STRAP FOR THIGH-HIGH SOCK

B27 Vertical length from the upper edge of the sock (L53/R53) to the desired upper edge of the waist strap at the anterior side of the body.

B20 Circumference of the upper edge of B27 measurement.



R57 / L57 Circumference from the upper edge of the sock.



R58 / L58 Vertical length from the upper edge of the sock to the narrowest part of the ankle above the malleolus at the anterior side of the leg. Mark the edge and the ankle with a pen. Divide the length into three equal parts. Mark the locations.



R59 / L59 Circumference of the marked location.

R60 / L60 Circumference of the marked location.

R61 / L61 Circumference of the narrowest point of the ankle.



R64 / L64 Diagonal circumference from the top of the heel to the ankle joint.

R65 / L65 Circumference at the highest point of metatarsus, mark the location.

R66 / L66 Circumference from the neck of the metatarsal (MTP) of the little toe, mark the location.

R67 / L67 Vertical length from the ankle (R61/L61) to the floor at the lateral side of the foot.



R68 / L68 Horizontal length from the heel to the highest point of metatarsus (R65/L65). Place a pen behind the heel to help with the measuring. Place the measuring tape along the surface of the floor.

R69 / L69 Horizontal length from the heel to the neck of the metatarsal (MTP) of the little toe (R/L66). Place a pen behind the heel to help with the measuring.



R70 / L70 Horizontal length from the heel to the top of the big toe. Place a pen behind the heel to help with the measuring.

TIP CLOSED

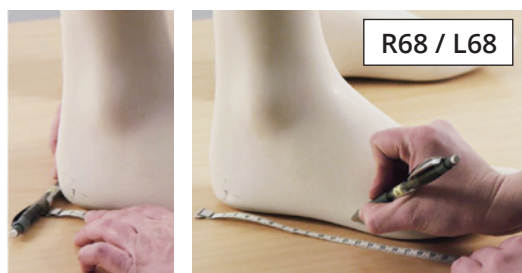
Draw the outline of the foot on measuring paper (order form 14.)

TIP OPEN

Measure R69/L69 from the outer edge/lateral side (pinky toe side) up to the desired endpoint of the tip section, and take the circumference measurement R/L66 at this point. The outer edge is patterned according to the given measurement, while the inner edge is extended by 1.5 cm to improve fit.

FOOT GLOVE AND OTHER OPTIONS FOR THE FOOT TIP

Measure following the foot glove measuring instructions and fill order form 13.



**ADDITIONAL MEASUREMENT:
ACTIVE LEG & KNEE SOCK**

R93 / L93

The length measurement of the Achilles reinforcement is taken from the L/R61 measurement to the starting point of the double calf muscle. Measure the calf muscle while relaxed.



R60 / L60

R60 / L60 Circumference of the desired upper edge of the sock, mark the location on the anterior side of the leg.



R61 / L61

R61 / L61 Circumference of the narrowest point of the ankle, mark the location on the anterior side of the ankle.



R64 / L64

R58 / L58 Vertical length from the desired upper edge of the sock to the ankle at the anterior side of the leg.



R65 / L65

R64 / L64 Diagonal circumference from the top of the heel to the ankle joint.



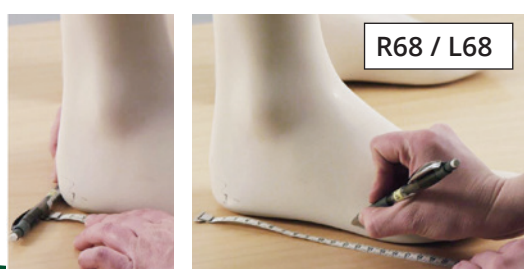
R66 / L66

R65 / L65 Circumference at the highest point of metatarsus, mark the location.



R67 / L67

R66 / L66 Circumference from the neck of the metatarsal (MTP) of the little toe, mark the location.



R68 / L68

R67 / L67 Vertical length from the ankle (R61/L61) to the floor at the lateral side of the foot.

R68 / L68 Horizontal length from the heel to the highest point of metatarsus (R65/L65). Place a pen behind the heel to help with the measuring. Place the measuring tape along the surface of the floor.

R69 / L69 Horizontal length from the heel to the neck of the metatarsal (MTP) of the little toe (R/L66). Place a pen behind the heel to help with the measuring.

R70 / L70 Horizontal length from the heel to the top of the big toe. Place a pen behind the heel to help with the measuring.

TIP CLOSED

Draw the outline of the foot on measuring paper (order form 14.)

TIP OPEN

Measure R69/L69 from the outer edge/lateral side (pinky toe side) up to the desired endpoint of the tip section, and take the circumference measurement R/L66 at this point. The outer edge is patterned according to the given measurement, while the inner edge is extended by 1.5 cm to improve fit.

FOOT GLOVE AND OTHER OPTIONS FOR THE FOOT TIP

Measure following the foot glove measuring instructions and fill order form 12.



Form 14



R72 / L72

FOOT GLOVE

Measure the sock/stocking following the instructions depending on the product. Then continue with the following measurements:

R71-74 / L71-74 Vertical lengths from the crease of each toe to the point R66/L66, starting from the big toe outwards.



R75 / L75

R66 / L66

R75-79 / L75-79 Vertical length of the toes from the base joints (MTP) to the top of each toe (or to the point where the open-tip foot glove should end), starting from the big toe outwards.

R80-81 / L80-81 Two circumferences (the MTP and PIP) of the big toe.

R82-89 / L82-89 Two circumferences (the MTP and DIP) of toes 2-5.



R80 / L80

R90 / L90 Circumference of the MTPs of toes 2-5. Toes should be closed together.



R88 / L88

SEPARATE TOE GLOVE

Measure the toes as instructed above. Then continue with the following measurements:

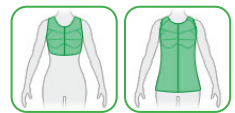
R66 / L66 Circumference from the neck of the metatarsal (MTP) of the little toe, mark the location.

R91 / L91 Vertical length from the point R66/L66 to the desired end of the toe glove.



R89 / L89

R92 / L92 Circumference of the end point of the toe glove.



BRA

A Mark point A at the intersections of the shoulder line and the neck, where the deltoid muscles attach to the neck muscles.

B2 Circumference measurement at the top of the axilla. Ensure that the measuring tape is horizontal, including on the back side. On women with larger breasts, the measuring tape tends to slant and rise above the breasts. Pay attention to keeping the measuring tape straight, in line with the axilla, also in the front.

B3 Length measurement from point A to measurement B2.

B4 Circumference measurement right under the breasts.

R2 / L2 Length measurement from between B2 and B4 over the highest point of the breast.

B5 Length measurement from between B2 and B4, measuring along the skin, between the breasts.

B6 Circumference measurement around the chest over the highest point of the breasts

Bra with an extended hem:

If you want the bra to continue slightly below the breasts:

***B7** Height measurement from line B4 to line B9.

***B9** Circumference measurement at the desired endpoint of the bra.

If you want the product to continue below the waistline, order a bra top.

We recommend taking measurements while wearing lightweight bras.

Large breasts:

- The position of the breasts at the time of measurement affects the shape of the bra cups and how much support the bras provide.
- The breasts should be supported in the position in which you want them to be positioned with the help of the bra.
- If the customer is not wearing a bra, it is advisable to support the breasts, for example, by hand, at the time of measurement.

Customer with a prominent belly:

Use supplementary measurement form 19 to ensure the fit of the product.

BRA TOP

Measurements are taken similarly to a bra, and in addition:

B7 Height measurement from line B4 to line B9.

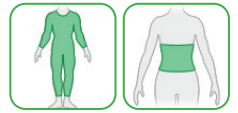
B9 Waist circumference, usually at the narrowest point of the midsection. The waistline can be determined if needed by gently bending the body from side to side.

B12 Circumference measurement at the desired endpoint of the top.

B13 The distance between measurement points B9 and B12.

B14 Circumference taken from the midpoint of measurement B13.

B15 The distance between measurement points B9 and B14.



OVERALL

Measure the vest using forms 3, 4, or 5, and the pants using form 10.

B30 Circumference from point A back to the same point A, running between the legs and the breasts.

Use the order form 3, 4 or 5 for the upper body until the measurement B9 and order form 10 for the lower part of the body.

Please pay attention that the measurement B9 on the order form 3/4/5 must be the same as the measurement B20 in order form 10.

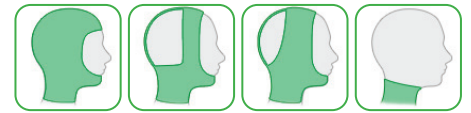
ABDOMINAL SUPPORT

Measure B9, B14 and B12 following the measuring instructions for the vest depending on the desired length of the support. Additionally, measure the circumference from the desired upper edge of the support if necessary.

Proceed with the measurements B15 and/or B13 depending on the desired upper edge of the support.

Customer with a prominent belly:

Use supplementary measurement form 19 to ensure the fit of the product.



H1

HELMET

H1 Circumference at the widest point of head above ears.



H2

H2 Measurement running from ear to ear (from the top of the ear flap), across the top of the head.

H3 Measurement running from the outer corner of the eye to the other, around the back of the head.



H3

H4 Circumference from the chin to the crown of the head and back.

H5 Vertical length from the chin to the middle of the lips.



H4

H6 Circumference of the neck (under the chin).

H7 Length from the chin to the starting point of the neck.

H8 Circumference of the bottom of the neck.

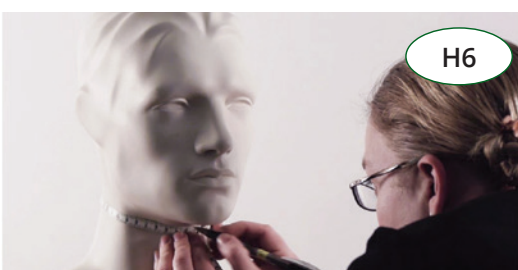
H9 Vertical length from the starting point to the bottom of the neck.



H5

COLLAR

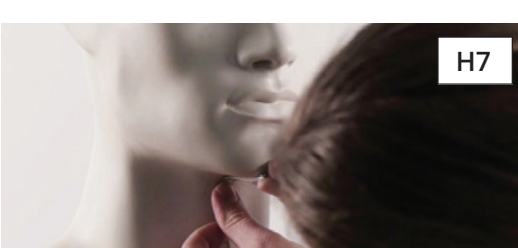
Take measures H6, H8 and H9.



H6

CHIN STRAP

Measure following the instructions for the helmet from H4 onwards.



H7

PENIS TUBE

B50 Highest possible circumference.

B51 Circumference at the widest point.

B52 Lowest possible circumference or desired ending point in an open-ended product.

B53 Length measurement between circumferences B50 and B51.

B54 Length measurement between circumferences B51 and B52.

B55 Length measurement from circumference B52 to the base of the penis, measured from the top.

Models with tip closed:

B56 Straight length measurement from the lowest circumference B52 to the tip of the penis.

Please start with the measuring instructions designated to each product.

Take the measures accordingly until it is no longer possible to follow the standard procedure. Then take the additional measures.

Regular order forms can be used to mark down all the measures.

THE TIP OF RESIDUAL LIMB

MA1 The final possible circumference that can be measured from the stump. This circumference is the same as the one indicated on the order form.

MA2 The straight height of the stump from line MA1 to the end of the stump

MA3 Measure from the front, from circumference MA1, to the back on the circumference line MA1, using a measuring tape along the surface of the stump.

MA4 Measure from the circumference MA1 from the side, running the measuring tape along the surface of the stump to the other side on circumference line MA1.

Take a photograph of the stump (preferably from the front and side). We will choose the shape of the amputation pouch's tip based on the shape of the stump.

If there is soft tissue at the end of the stump, the measurement should be taken while supporting the tissue. Support the tissue in a way that it is in the position it would be in when the product is worn. If possible, the stump should be measured with the end of the stump pointing upward - this ensures that the final product will fit snugly over the end of the stump.

Try to take all measurements of the product with the stump and its end in the same position to prevent posture changes from affecting the measurements.

Tip! Stumps can be challenging to measure, so don't hesitate to take additional supplementary measurements.

MEASUREMENTS FOR PROTRUDING HERNIA SAC

- MB1** Circumference of the body before the start of the hernia shape.
- MB2** Circumference of the body in the middle.
- MB3** Circumference of the body from below, immediately above the top of the hernia.
- MB4** Straight height measurement between MB 1 and MB 4.
- MB5** Straight height measurement between MB 2 and MB 3.
- *MB6** Circumference from the top of the hernia.
- *MB7** Length measurement starting from the center in front at the location of MB 1 circumference, using a measuring tape along the surface of the hernia to the location of MB 6 circumference.
- MB8** Length measurement from the center in front, measuring along the skin between MB 6 and MB 2.
- MB9** The highest circumference of the hernia. Measure as high as possible while keeping the measuring tape horizontal.
- MB10** Length measurement from the center in front, measuring along the skin from the location of MB 2 to the location of MB 9.
- MB11** Circumference at the midpoint of the hernia.
- MB12** Circumference of the hernia as low as possible.
- MB13** Straight height measurement between the lines MB 9 and MB 11.
- MB14** Straight height measurement between MB 11 and MB 12.
- MB15** Length measurement from the center in front, measuring from the location of MB 9 and continuing to the corresponding point on the backside of the hernia.
- MB16** Straight height measurement from line MB 12 to the top of the hernia
- MB17** Measured from the front, starting from the circumference measurement MB 12, towards the back along the circumference line MB 12, using a measuring tape along the surface of the hernia.
- MB18** Measured from the side of the circumference measurement MB 12, using a measuring tape along the surface of the hernia towards the other side, to the circumference line MB 13

Measure in this manner when a separate hanging pouch is desired for the product, to provide support and pressure for a hernia or similar condition. The hernia hangs well below the groin line.

Note that if the tissue is soft and pliable, measurements should be taken while supporting the mass. The mass should be supported in a way that it is in the position it would be in when the product is worn. Try to take all the product measurements with the mass supported in the same position to ensure that changes in position do not affect the measurements

Take a photograph of the hernia (preferably from the front and side), and mark measurement lines on the image

Tip! Straight length measurements can be easiest to take slightly from the side to prevent the strong shape from distorting the measurements.

***** If the hernia shape is not similar to the image and it is not possible to measure the circumference of MB 6, then leave the circumference measurement aside. In this case, the length measurement of MB 8 runs in the middle in front along the skin from the MB 1 line to the MB 2 line.

Please provide additional information if the hernia shape is such that measurements of MB 6 and MB 7 have not been taken.

If you want the pouch to attach to the pants, measure the dimensions of the pants using order form 10. Measure the desired endpoint of the pants at the waist, as well as its height according to measurement MB 1. Additionally, measure B27 as you would in the pants.

If the hernia has a highly irregular shape, you can take additional circumferences from the midpoint between measurements MB 9 and MB 11 and from the midpoint between measurements MB 11 and MB 12.

Use the form when the shape of the abdomen requires that the abdominal support is significantly longer in the front than in the back.

Note that if the tissue is soft and pliable, measurements should be taken while supporting the mass. The mass should be supported in a way that it is in the position it would be in when the product is worn. Try to take all the product measurements with the mass supported in the same position to ensure that changes in position do not affect the measurements.

If necessary, take a photograph and mark measurement lines on the image.

ABDOMINAL SUPPORT

- | | |
|-------------|--|
| MC1 | Circumference from the top of the desired starting point of the abdominal support. In the front, the measurement runs above the abdominal mound, and in the back, from the point where the abdominal support is intended to end at the back. The measurement may follow an inclined line if necessary. |
| MC2 | Circumference approximately midway between MC 1 and MC 3 measurements. |
| MC3 | Horizontal circumference measurement from the center of the abdomen. |
| MC4 | Circumference approximately midway between MC 3 and MC 5 measurements. |
| MC5 | Circumference from the bottom of the desired endpoint of the abdominal support. |
| MC6 | Length measurement from the center in between MC 1 and MC 2, taken from the middle of the back. |
| MC7 | Length measurement from the center between MC 2 and MC 3, taken from the middle of the back. |
| MC8 | Length measurement from the center between MC 3 and MC 4, taken from the middle of the back. |
| MC9 | Length measurement from the center between MC 4 and MC 5, taken from the middle of the back. |
| MC10 | Length measurement from the center between MC 1 and MC 2, taken from the middle of the front along the skin. |
| MC11 | Length measurement from the center between MC 2 and MC 3, taken from the middle of the front along the skin. |
| MC12 | Length measurement from the center between MC 3 and MC 4, taken from the middle of the front along the skin. |
| MC13 | Length measurement from the center between MC 4 and MC 5, taken from the middle of the front along the skin. |

Use the form when the shape of the abdomen requires that the shirt is made longer in the front and shorter in the back.

Note that if the tissue is soft and pliable, measurements should be taken while supporting the mass. The mass should be supported in a way that it is in the position it would be in when the product is worn. Try to take all the product measurements with the mass supported in the same position to ensure that changes in position do not affect the measurements.

In most cases, you can measure the shirt up to the B9 measurement on a regular shirt form. In this case, the B9 measurement corresponds to the MD 1 measurement, and B9/MD1 is measured from the starting point of the abdominal mound.

Tip! Straight length measurements can often be easiest to take slightly from the side or even from the back, so that the strong contour of the abdomen does not distort the measurements.

VEST

- | | |
|-------------|--|
| MD1 | Circumference before the start of the abdominal shape. |
| MD2 | Circumference approximately at the midpoint between MD1 and MD3 measurements. |
| MD3 | Circumference approximately at the midpoint of the abdomen, at its widest point. |
| MD4 | Circumference from the bottom. The measurement is taken horizontally from the point where the back of the shirt is intended to end. |
| MD5 | Circumference of the shirt's lower edge. The measurement may run diagonally and under the abdomen. At the back, the measurement follows the MD 4 line. |
| MD6 | Straight length measurement from MD 1 to MD 5. The measurement ends at the point where the shirt's lower edge ends in the middle of the front. |
| MD7 | Straight length measurement between MD 1 and MD 2. |
| MD8 | Straight length measurement between MD 2 and MD 3. |
| MD9 | Straight length measurement between MD 3 and MD 4. |
| MD10 | Straight length measurement between MD 4 and MD 5. The measurement ends at the point where the shirt's lower edge ends in the middle of the front. |
| MD11 | Length measurement between MD1 and MD2, measured along the skin from the middle of the front. |
| MD12 | Length measurement between MD2 and MD3, measured along the skin from the middle of the front. |
| MD13 | Length measurement between MD3 and MD4, measured along the skin from the middle of the front. |
| MD14 | Length measurement between MD4 and MD5, measured along the skin from the middle of the front. |

We recommend measuring the pants above the abdominal mound to ensure that the pants stay in place as well as possible.

Please note that this advice does not apply if you want low-rise pants where the waistline goes below the abdomen.

Note that if the tissue is soft and pliable, measurements should be taken while supporting the mass. The mass should be supported in a way that it is in the position it would be in when the product is worn. Try to take all the product measurements with the mass supported in the same position to ensure that changes in position do not affect the measurements.

Tip! Straight length measurements can often be easiest to take slightly from the side or even from the back, so that the strong contour of the abdomen does not distort the measurements.

PANTS & BODY

- MD1** Circumference before the start of the abdominal shape.
- MD2** Circumference approximately at the midpoint between MD1 and MD3 measurements.
- MD3** Circumference approximately at the midpoint of the abdomen, at its widest point.
- MD4** Circumference from the bottom.
- MD6** Straight length measurement from MD 1 to the R/L53 line.
- MD7** Straight length measurement between MD 1 and MD 2.
- MD8** Straight length measurement between MD 2 and MD 3.
- MD9** Straight length measurement between MD 3 and MD 4.
- MD10** Straight length measurement between MD 4 and MD 5. The measurement ends at the R/L53a line.
- MD11** Length measurement between MD1 and MD2, measured along the skin from the middle of the front.
- MD12** Length measurement between MD2 and MD3, measured along the skin from the middle of the front.
- MD13** Length measurement between MD3 and MD4, measured along the skin from the middle of the front.
- MD14** Length measurement between MD4 and MD5, measured along the skin from the middle of the front.
- MD15** Length measurement from the front from MD 1 line between the legs to the back to the MD 1 line.

AB - SHOULDER STRAPS FOR PANTS

Additional measurement for the shoulder straps: Measure from the desired top edge of the trousers on the front piece, over the shoulder, to the back piece.

ADF - DIAPER FLAP**Option A**

The diaper flap is measured at the same time as the shirt. Measure the length of the diaper flap from the shirt's B12 line, through the legs, to the back at the B12 line. Indicate the length in the additional information section.

Option B

The diaper flap is measured separately from the shirt (for example, when the diaper flap is added as an alteration). Measure the body measurement B30, meaning the circumference from point A back to the same point A, passing through between the legs.

AM - MATERNITY BELLY FOR PANTS

The measurement is otherwise carried out as with the basic model trousers, but please take note of the following points:

- The waist circumference B20 measurement is taken horizontally at the point where you want the back of the pants' waistband to sit.
- For the B22 measurement, indicate how much you want the waistband to be raised at the front. This measurement accounts for the additional length needed at the front to accommodate the growing abdomen.
- The B21 circumference does not need to be measured.

Please indicate in the additional information at which week of pregnancy the customer is at the time of measurement.