

Calculating Upper limbs measurement (ILF Guidelines)

- Ask the patient to **sit with the arm supported on a table with the hand palm down**
- On the ulnar aspect of the arm* measure with a ruler and **record the distance from the nail bed of the little finger to 2cm above the ulnar styloid (wrist)†. Mark this point on the patient. This determines the starting point.**
- Mark the same point on the contralateral arm
- Lie a ruler along the ulnar aspect of the arm and mark the limb at 4cm intervals from
the starting point to 2cm below the axilla
- With the limb in a relaxed position, measure the circumference at each mark, placing **the top edge of the tape measure just below the mark**
- Note measurements above the elbow in the correct section of the paper or electronic recording form
- Repeat the process on the other limb. Ensure there are the same number of measurements for both arms
- Document the position the patient was in when measurements were taken

Calculating Lower limbs measurements (ILF Guidelines)

- Ask the patient to stand or sit with both feet firmly on the ground
- On the medial aspect of the leg* measure with a ruler and record the distance **from the floor to 2cm above the middle of the medial malleolus†**. Mark this point on the patient. This determines the starting point
- Mark the same point on the contralateral leg
- Seat patient on a chair with bottom as close to the edge as possible, or seat on a couch with the leg straight
- Lie a ruler along the medial aspect of the leg and mark the limb at 4cm intervals from the starting point to 2cm below the popliteal fossa for swelling below the knee
- If swelling extends above the knee, ask the patient to stand or to lie on a couch. Continue the marks at 4cm intervals above the knee to 2cm below the gluteal crease
- With the limb in a relaxed position, measure the circumference at each mark, placing the top edge of the tape measure just below the mark
- Note measurements above the knee in the correct section of the paper or electronic recording form
- Repeat the process on the other limb. Ensure there are the same number of measurements for both legs
- Document the position the patient was in when measurements were taken *If only one limb is affected, start with the unaffected side.

†If the ulnar styloid or medial malleolus cannot be located, alternative fixed anatomical points can be used to determine the starting point, eg olecranon process or anterior iliac spine. The distance from the fixed anatomical point to the starting point should be recorded to ensure consistency when measurements are **repeated subsequently**.

NB Some limb volume calculation methods or systems may require a different interval between circumferential measurements.