



# Juzo®

## Precise measuring for compression stockings and compression panty hose

Conditions and guarantee  
for an optimum fit  
- phlebologic indications -

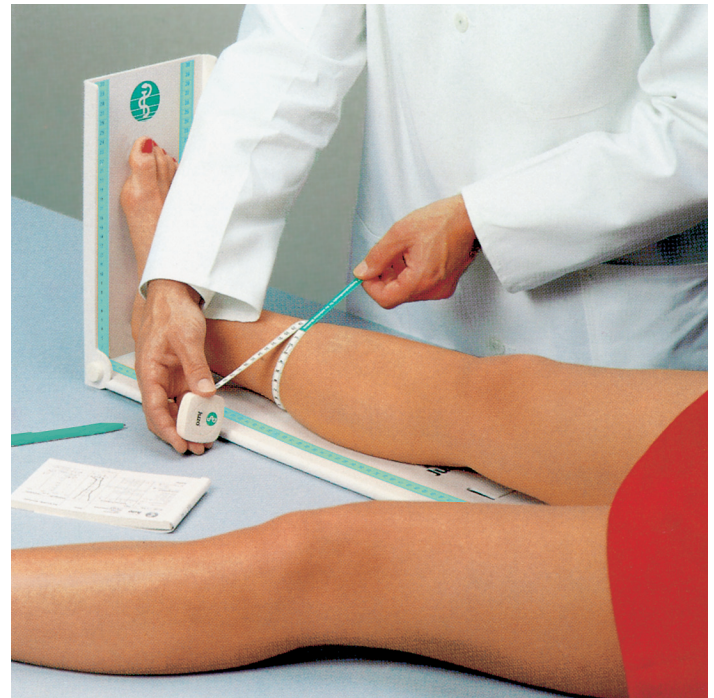


In order to achieve a therapeutically perfect fit for a medical compression stocking, precise measurements are a „conditio sine qua non“. For this reason measurements should only be carried out by trained specialist staff.

### As a general rule:

- The legs must be free of edema.
- Measurement should be carried out in the morning since the legs are the least swollen at this time.
- If the patient is wearing a compression bandage, the measurements should be made immediately after removal of the bandage.
- The so-called thumb test enables one to ascertain whether the leg is free of edema: if after pressing with one's thumb an impression is left in the ankle area, then there is edema. In this instance the patient should lie down with his/her legs up until the swelling has subsided. The position of the patient's foot should be higher than the head.
- If only one leg is damaged and there is no anatomical abnormality, the measurements can be taken on the healthy leg.

Once these body measurements have been established, they can be used for reordering, although certain measurements must be checked. Subsequent illnesses not directly connected with the leg condition can cause a change in the measurements of the leg circumference.



In the handbooks one often reads that the tape measure should be used with different tensions, i.e. tight at the ankle and looser below the knee (in order to reinforce the reduction in compression to proximal), when taking the measurements. This is not necessary for the manufacture of a Juzo compression stocking. Only circumference measurements taken evenly over the whole leg length are reproducible and give you the assurance that we take full responsibility for the fit and for the degree of support. In order that measurements can be accurately taken, you will need a narrow, nonelastic tape measure and a measuring board.

The use of a measuring board makes the task easier, saves time and the measurements can be taken more accurately.

One should also bear in mind that by laying the leg on the measuring board, with the resultant accurate leg measurement, the patient realises that his compression stockings are a medical aid that supports the crucial functioning of his insufficient vein valves and takes over the important role of the weak connective tissue.

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## Measuring for compression stockings

Important: the patient needs to stand on the measuring board. The whole foot (i. e. heel, sole and toes) is touching the vertical footboard during the entire measuring process. The heel remains put into the 90° angle as shown on the image.

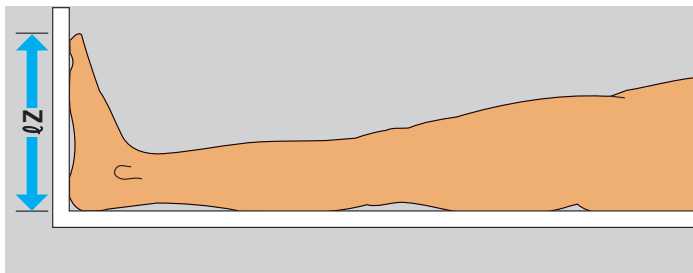
As a general rule the corresponding length measurement is to be stated for every circumference measurement, measured from the back of the heel to the tip of the toes when measuring the foot

circumference, and from the sole to proximal when measuring leg circumferences.

If a length measurement is missing, variations or inaccuracies may occur during manufacture.

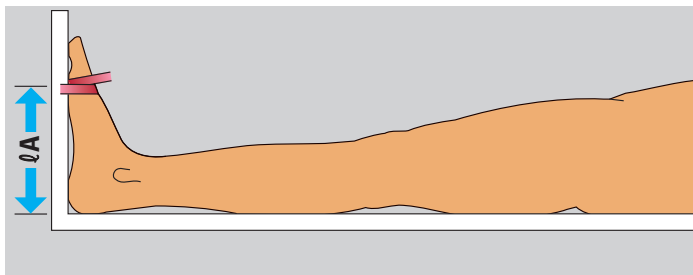


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**Overall length of foot: "lZ"  
back of heel to tip of toes**

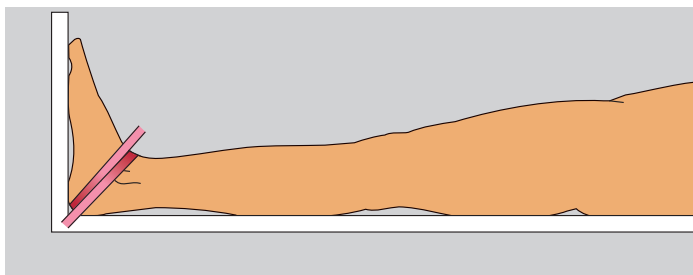
The overall length of the foot "lZ" is only to be indicated if stockings with closed toes are required.



**Measurement "cA"  
ball of foot at widest part**

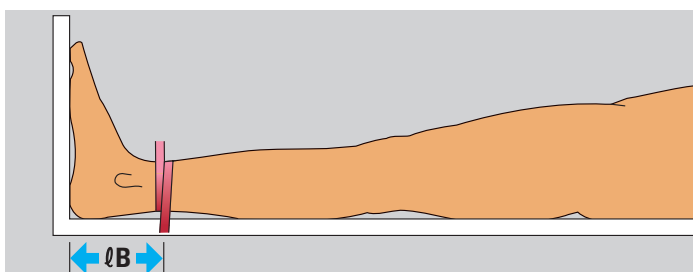
The length of the foot "lA" is to be indicated if stockings with open toes are required.

**Measurement of  
part of foot: "lA"  
"cA" - back of heel**



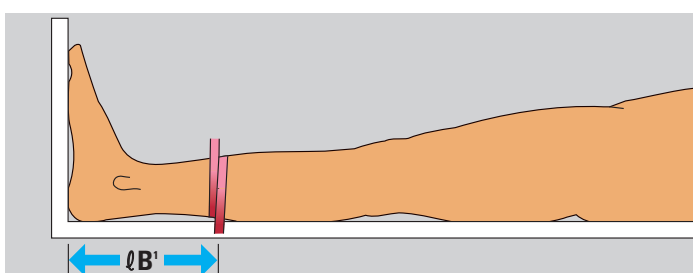
**Measurement "cY"  
middle of heel - instep  
foot position 90°**

The frequently practised dorsal flexion of the foot, in order to obtain a greater circumference measurement "cY", is not necessary when measuring up for Juzo compression stockings. The purpose of the two-way stretch knit is to allow the foot to move without constriction.



**Measurement "cB"  
Circumference:  
always measured at  
the thinnest part of the  
lower leg,  
length "lB": usually  
above the ankle**

**Length "lB"**



**Measurement "cB"  
Circumference:  
end of Achilles tendon/  
bottom of calves**

**Length "lB'"**

The precise length measurement "lB'" is essential for the path of the compression to proximal, and therefore for the fit and for the comfort of the patient.



## Measuring for compression panty hose

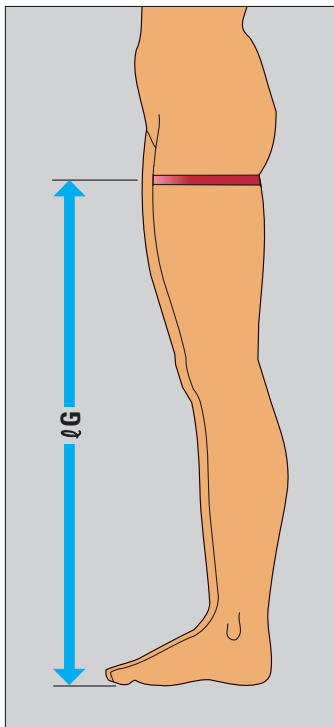
The circumference and length measurements for the body part of compression panty hose including the length of stride (or the crotch measurement) are taken when the patient is standing up.

It is important that the body part always comes up to the waist in order to ensure well-fitting and nonslip compression panty hose.

Body parts which are too short, as would be the case, for instance, with bikini briefs, would not be able to hold compression panty hose in place without slipping. Compression panty hose as maternity wear or for the larger figure should have a body part length, measured from the lowest rib bone to the crotch.



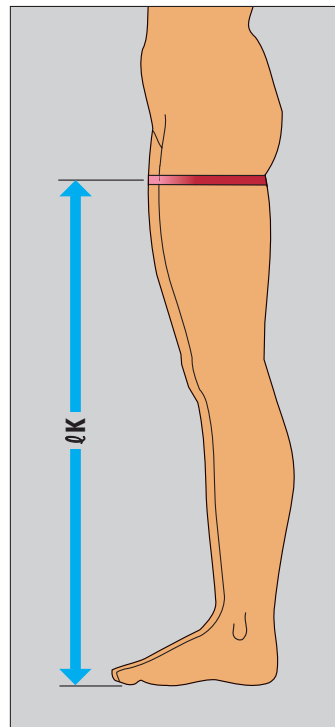
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**Measurement "cG"**  
Leg circumference level with the crotch

The corresponding length measurement from "A" to the crotch is best taken on the inside leg. If lengths "l G" and the length of crotch do not correspond then the fit is jeopardised.

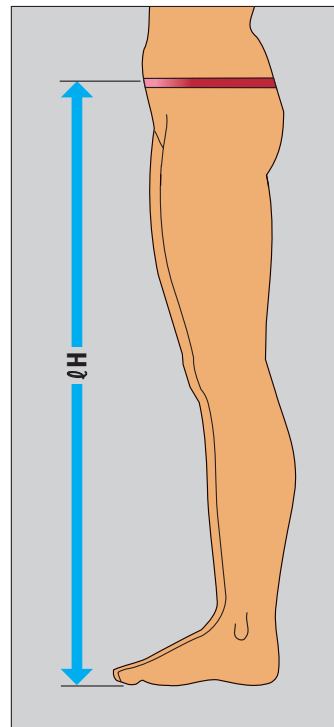
**Length "l G"**  
measured at the crotch



**Measurement "cK"**  
Circumference level with the crotch

This circumference measurement is to be taken at the same height as circumference measurements "cG".

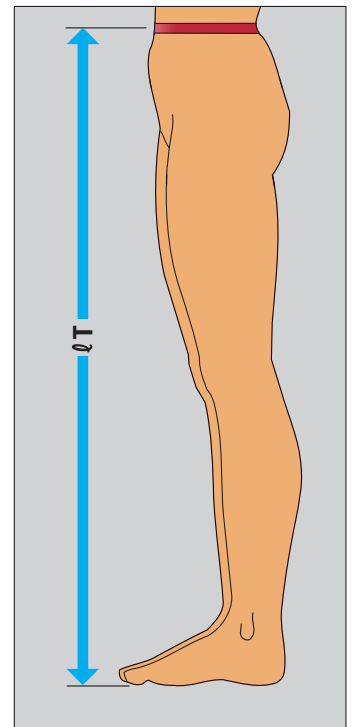
**Length "l K"**  
measured at the crotch



**Measurement "cH"**  
Abdominal circumference

This measurement shows the abdominal circumference. (As a rule this is mostly the largest circumference measurement).

**Length "l H"**  
measured from the side



**Measurement "cT"**  
Around the waist

Measurements are to be taken above the pelvis or, in the case of patients who have a larger figure or are pregnant, just below the lowest rib bone.

The frequently recommended front and back panty or hip measurements are not necessary for Juzo compression panty hose.

**Length "l T"**  
measured from the side