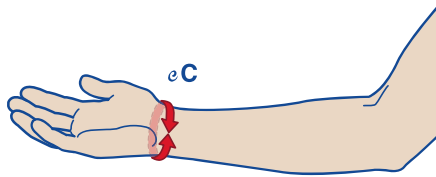


VARISAN®

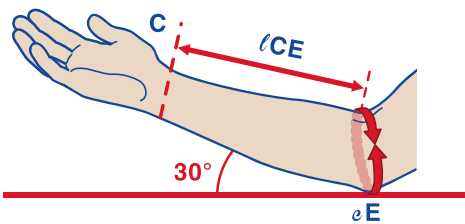
Identification of points for taking measurements – Upper limb

Patient sitting down with the forearm lying on a stiff surface (hand upwards)

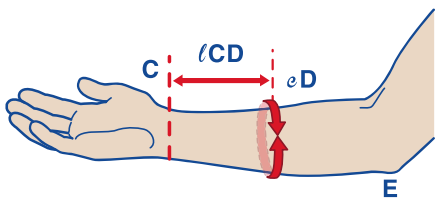
Measure the points to be measured and mark the skin there (in the central part of the limb).
Measure all the lengths first, then measure the circumferences.



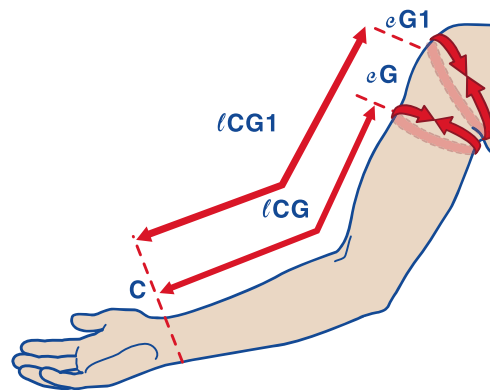
STEP 1 Point eC
Wrist **circumference**, at styloid process level. Record the circumference value without tightening the tape (body measure)



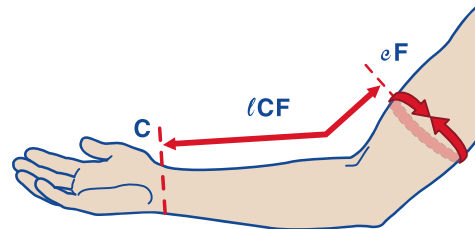
STEP 2 Point E
Length lCE: measure from point C to point E with the measuring tape flush against the skin.
Circumference eE: measure this on the elbow crease, with the elbow held at 30°. Record the circumference value without tightening the tape (body measure)



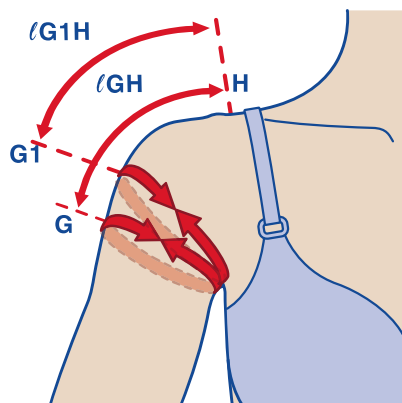
STEP 3 Point D
Length lCD: measure from point C to point D (halfway between point C and point E), with the measuring tape flush against the skin.
Circumference eD: point D (halfway between point C and point E)



STEP 4 Point G
Length lCG: measured about 1 cm below the axilla, with the measuring tape flush against the skin.
Length lCG1: + 3cm above point G (never more than 5 cm above).
Circumference eG: measured about 1 cm below the axilla.
Circumference eG1: measured + 3cm above point G (never more than 5 cm above).

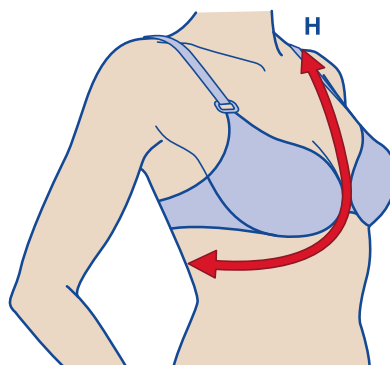


STEP 5 Point F
Length lCF: measure from point C to point F (halfway between point E and point G), with the measuring tape flush against the skin.
Circumference eF: point F (halfway between point E and point G)

**STEP 6 Punto H**

Placed above point G/G1, next to the bra and/or undershirt strap.

Length lGH/ lG1H: this measure is necessary for the arm sleeve with shoulder strap option.

Indications for options**STEP 7 Option with adjustable strap**

Measure from point H with the measuring tape placed as shown in the picture.

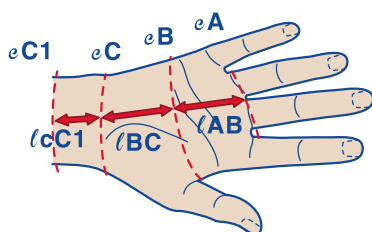
LEGEND

e = Circumferences

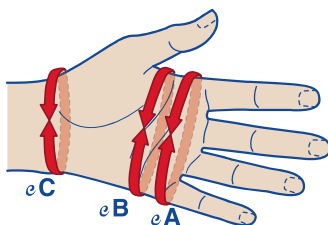
l = Lengths

Identification of points for taking measurements – Hand

Record the circumference value without tightening the tape (body measure)

**STEP 1 Lengths**

Identify Point lAB, Punto lBC, Punto lC1, centrally, as shown in the picture.

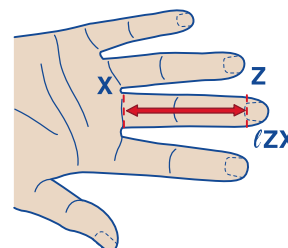
**STEP 2 Circumference**

Point eC: on the wrist, at styloid process level

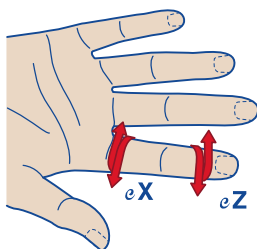
Point eB: at the root of the thumb

Point eA: at the head of the fifth metacarpal bone

Point eC1: at +5cm from C.

**STEP 3 Length XZ**

Measure the lengths lXZ for each finger, centrally, as shown in the picture.

**STEP 4**

For each finger, measure the circumference cX at the base of the fingers and the circumference cZ at the lower edge of the nail.

Thumb: measure the circumference cX at the base of the finger (NOT diagonally, see picture).

