

JOBST®



JOBST® Elvarex®

How to measure for a JOBST® Elvarex® below knee
custom-fit compression garment

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This booklet is a guide to measuring for JOBST® Elvarex® custom-fit, flat-knit compression garments and must be used as a **guide only**. Please use alongside the JOBST® Elvarex® order forms.

Note: it does not replace any formal training. Long-term management of a lymphotoedema / chronic oedema patient requires that the healthcare professional has appropriate training and access to a practitioner with specialist training¹. Essity accept no responsibility for the measurement or fitting of a compression garment.

Four Corner Stones of Care

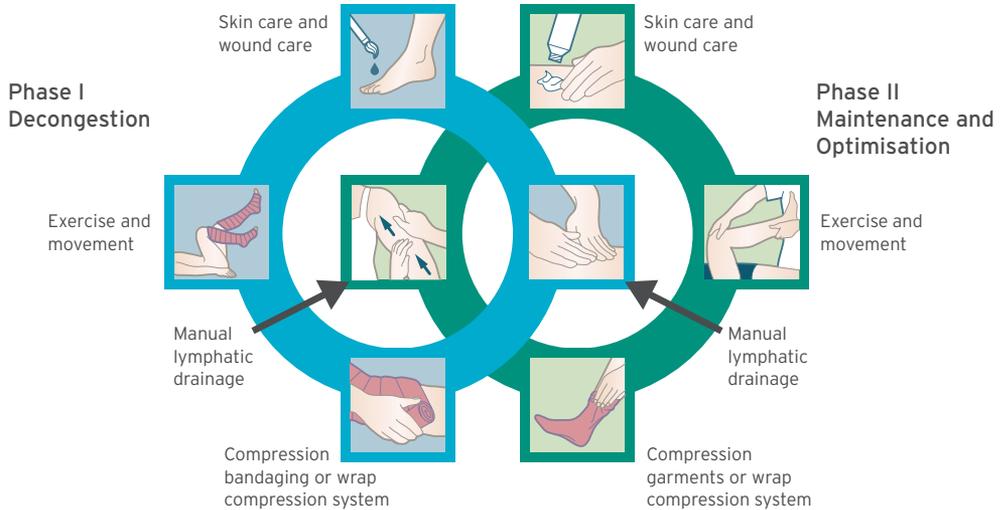


Figure 1

How to use this guide

- Each measurement point is listed with information regarding how to obtain the length measurement and how to obtain the circumference measurement
- Drawings help to explain the measurement but please read the text also
- (IX) indicates length at measurement point
- (cX) indicates circumference at measurement point

General Measuring Guidelines

General measuring guidelines for lymphoedema / chronic oedema management*

This measurement guide is for **below knee** custom-fit, flat-knit **JOBST® Elvarex® brands**.

The limb should be largely free of oedema before measuring for a compression garment. The degree of oedema can be checked with the 'pitting' oedema test before measuring. This is achieved by pressing firmly, with a finger or thumb, on the area to be examined for at least 10 seconds (Figure 1). If an indentation remains when the examiner ceases pressing, pitting is present, therefore indicating the presence of oedema (Figure 2). If oedema is present, the limb should ideally be decongested first and oedema reduced through multi-layer lymphoedema bandaging or wrap compression system, along with manual lymphatic drainage (where possible) and exercise and movement (Figure 3).

Before measuring for a compression garment

- Undertake a complete, holistic assessment of the patient:
 - assess limb shape, size and level of oedema
 - consider the patient's lifestyle and preferences when selecting the compression garment
 - perform an Ankle Brachial Pressure Index (ABPI), or consider TBPI or pulse oximetry, to determine any underlying causes of the condition. Treat or refer the patient for specialist diagnosis if ABPI is not available and / or care for underlying medical condition(s)
 - initiate appropriate skin care to prevent skin breakdown
- The best time to measure a patient for a compression garment is in the morning
- Do not measure into skin folds but place the tape measure over the top of the skin fold
- The measurement points to be taken, after oedema reduction, depend upon the type of compression garment required
- For obese patients or those with very soft, excessive tissue, consider wrapping the patient's limb in cling film, using a soft conforming bandage or asking the patient to wear their current compression garment to hold the oedema in place when measuring
- Measure feet accurately with correct tape tension and to the nearest millimetre to ensure optimum fit and treatment outcomes
- All other measurements should also be measured accurately, but to the nearest 0.5cm is sufficient
- During measuring, the patient should ideally lie down if possible, with legs elevated for A-D measuring points

*Recommended for chronic oedema associated with lymphoedema

Measuring Materials

Have the following materials ready before taking measurements

Digit Tape Measure

To measure the circumferences of the digits, a digit tape measure (either plastic or paper) is recommended as this ensures measurements to the nearest millimetre can be recorded.

Skin Marker

A skin marker is recommended for marking the measurement points along the limb. This leaves a mark that can easily be removed once the patient has been measured.

JOBST® Flexicard

The JOBST® Flexicard is a measurement aid developed for armsleeves and gloves but is also recommended for toes. The JOBST® Flexicard allows digit lengths to be determined easily and precisely. In addition, the JOBST® Flexicard is used for positioning measurement point G and G1.



Measuring Board

A measuring board is recommended for accurately assessing the lower extremities up to measurement point F. It is particularly convenient to take combined length and circumference measurements without marking the patient's skin.

When folded up, the JOBST® measuring board is compact and can be easily stored and transported. Two JOBST® measuring tapes are included with the measuring board for convenient measuring of JOBST® compression garments.

On the hinged side of the board with the JOBST® logo, there are two fixing slots on each edge for precise positioning of the measuring tapes. Insert the measuring tape into one of the openings until the metal end is no longer visible. To fix the measuring tape in place, carefully slide it to the left to the other end of the opening. Now you can easily pull the measuring tape out to the required length. To remove it after measuring the patient, simply slide it to the right and pull it out of the opening.

Patients should ideally lie down or sit when being measured depending upon the measurement point being taken and the patient's needs. This makes the process easier for patients with restricted mobility.

It is important that the patient's calf is in contact with the all-blue side which narrows towards the top. The sole of the foot is on the part with the JOBST® logo. The length measurements up the leg can be read from the measuring tape wick exceeds the length of the measuring board.



Below Knee Measurement Points

Marking your measurement points

Example: an open toe A-D garment

Skin markers can be used in conjunction / in place of a measuring board if a board is unavailable or the patient is unable to elevate their leg due to discomfort.

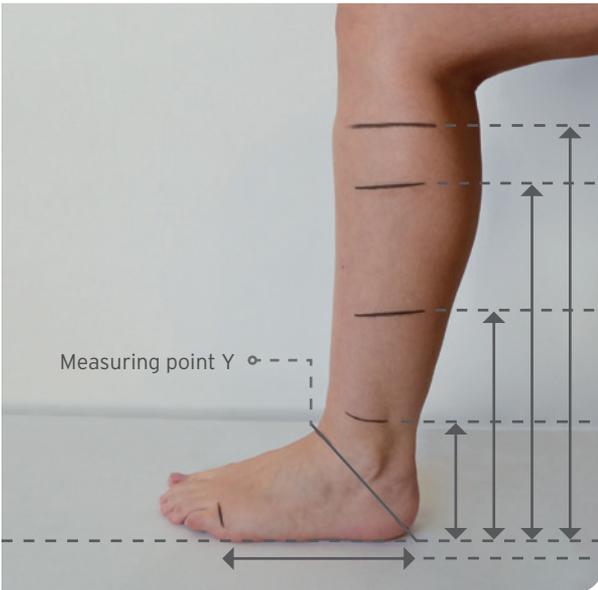
Mark the skin at the measurement points with a skin marker. This leaves a mark that can easily be removed once the patient has been measured.

These marks guarantee that your circumference and length measurements are taken from the same point.



Key	
-----	Circumference
↔	Length

→ Measuring point A



→ Measuring point D

→ Measuring point C

→ Measuring point B1

→ Measuring point B

Measuring point Y

→ Measuring point A length.
(For full options and description, refer to page 9)

Key Steps When Measuring for Lower Limb Garments

Length measurements

- Ensure you have a tape measure, skin marker, ballpoint pen and order form to hand
- Use a portable measuring board, whenever possible, with the patient lying down with legs elevated for below knee measurement
- Place the measuring board on a stable surface and ask the patient to place their leg on the measuring board, ensuring that the sole of the foot fully contacts the base of the measuring board
- The foot length and the medial (inner) and lateral (outer) lengths should be checked in a standing position
- Sometimes it may not be possible to determine the measurement points on an oedematous limb therefore, the recommendation is:
 - measure 8-12cm from the floor for measurement point B
 - for measurement points B1, C and D, measure at approximately 10cm increments up the limb
- The leg length measurements are measured vertically on the lateral (outer) side of the limb

Circumference measurements

- All measurements to be taken with **lay-on tape tension** except anchor points for the garment (these are noted in this measuring guide e.g. C measurement point for the calf). For anchor points, apply lay-on tape tension and then pull slightly
- Measuring circumferences under tension should be done gently but firmly to mimic the resistance of the oedema, the limb should never be constricted. The patient's sensitivity to pain should be taken into account

Guide to Measuring for Below Knee Garments

Left Leg

Length Measurements (cms)

a-D _____

a-C _____

a-B' _____

a-B _____

Circumference Measurements (cms)

_____ D

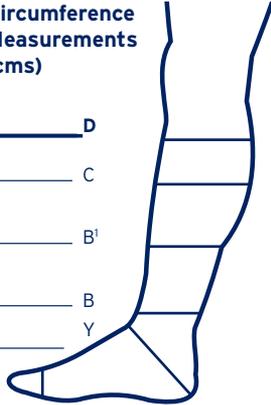
_____ C

_____ B'

_____ B

_____ Y

_____ A



Right Leg

Circumference Measurements (cms)

D _____

C _____

B' _____

B _____

Y _____

A _____

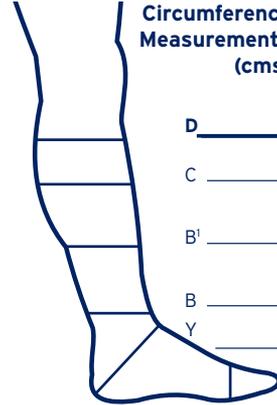
Length Measurements (cms)

a-D _____

a-C _____

a-B' _____

a-B _____



Foot Styles

Open toe

Closed toe

Slant foot

Straight foot

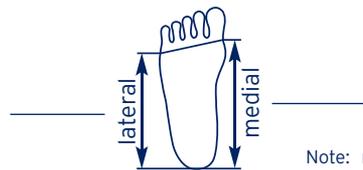
(applicable length measurements required)

Foot Length

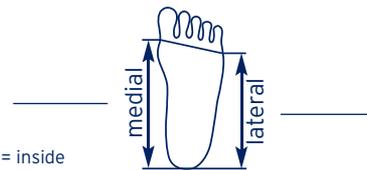
For open toe _____

For closed toe _____
(longest toe)

Left Foot Slant



Right Foot Slant



Note: medial = inside
lateral = outside

See illustrations for more information regarding each measurement point.

Measurement Point A

Measurement point	Length (l)	Circumference (c)
A Along base of toes (metatarsophalangeal joints).	Closed toe: From the end of the heel to the tip of the longest toe (Fig. 1). Open toe, straight foot: From the end of the heel to the base of the little toe (Fig. 2). Open toe, slant foot: From the end of the heel to the base of the large toe (inside or medial) and from the end of the heel to the base of the little toe (outside or lateral) (Fig. 3). Tip: length measurement should be checked in full weight-bearing, standing position and length measurement adjusted if needed.	Lay tape measure along the base of the toes (metatarsophalangeal) joints at the widest part of the foot, including any bunion (Fig. 4).

Fig. 1

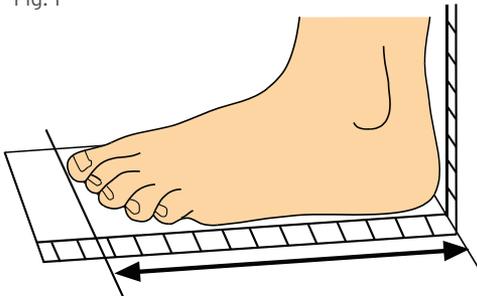


Fig. 2

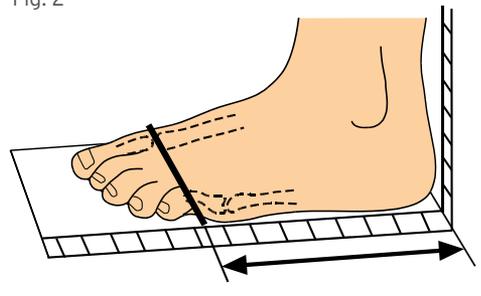


Fig. 3

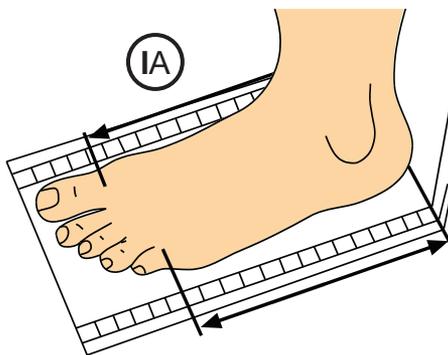
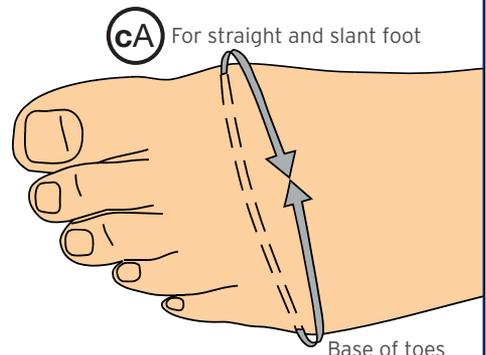


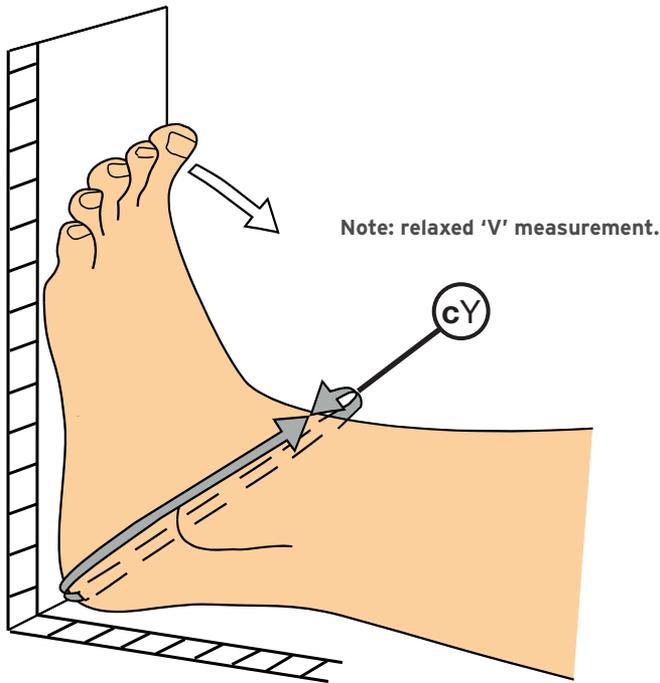
Fig. 4



Measurement Point Y

Measurement point	Length (l)	Circumference (c)
Y Ankle flex.	Not required.	Measure around the ankle flex and heel at maximal dorsiflexion, i.e. tendons flexed and toes pointing towards patient. This measurement needs to be taken in a relaxed 'v' to ensure garment is not too tight at the ankle and allows for maximum range of motion at the ankle flex. Take measurement using lay-on tape tension only and take soft tissue projections into account (Fig. 5).

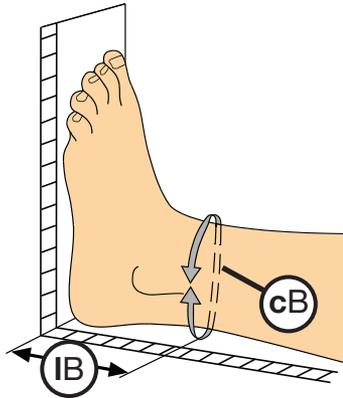
Fig. 5



Measurement Points B and B1

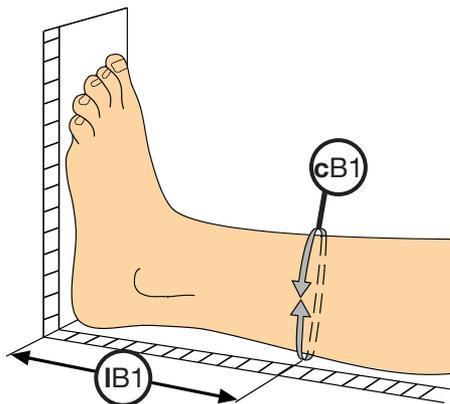
Measurement point	Length (l)	Circumference (c)
B Narrowest point of ankle above the malleoli.	From the base of the measuring board / sole of the foot to the narrowest point of the ankle (Fig. 6).	Measure circumference at the narrowest point of the ankle with lay-on tape tension (Fig. 6).

Fig. 6



B1 Achilles tendon / calf transition.	From the base of the measuring board / sole of the foot to the Achilles tendon / calf transition (Fig. 7).	Measure circumference with lay-on tape tension at the Achilles tendon / calf transition (Fig. 7).
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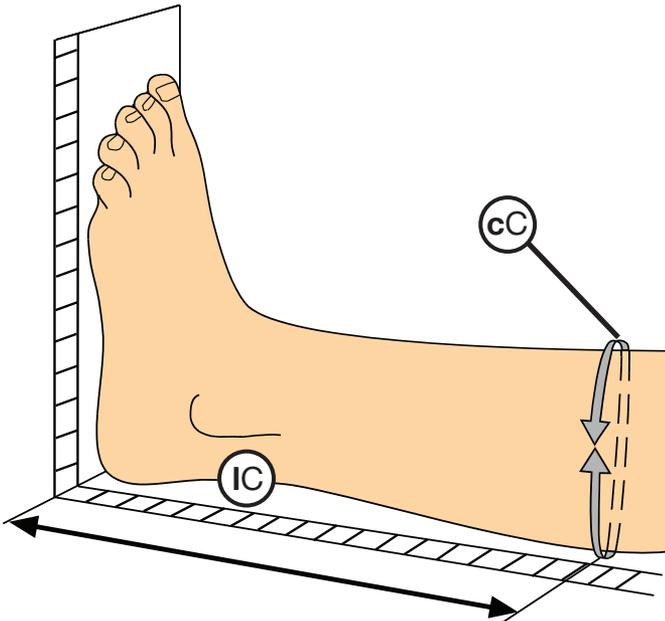
Fig. 7



Measurement Point C

Measurement point	Length (l)	Circumference (c)
C Widest point of the calf.	From the base of the measuring board / sole of the foot to widest part of the calf (Fig. 8). Tip: if the length measurement exceeds the length of the measuring board, attach the tape measures.	Measure the circumference at the widest point of the calf. Anchor point for compression garment therefore take circumference measurement under light tension. Lay-on tape measure and then pull slightly (Fig. 8).

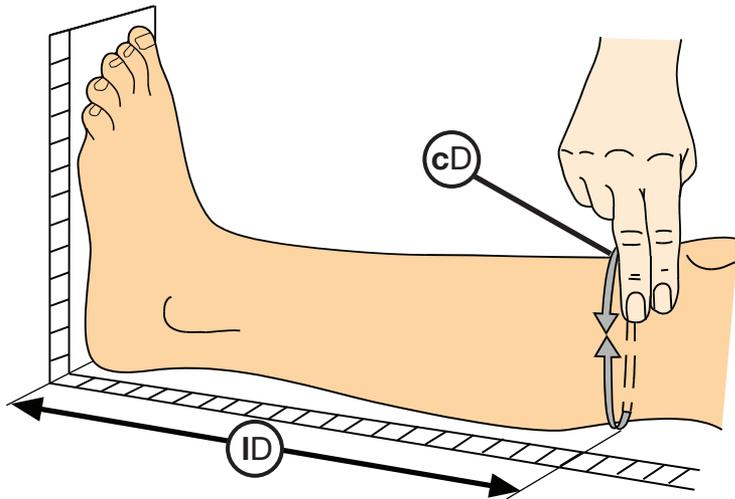
Fig. 8



Measurement Point D

Measurement point	Length (l)	Circumference (c)
D Fibular head - two finger widths below the kneecap (patella).	From the base of the measuring board / sole of the foot to the fibular head - two finger widths below the kneecap (patella) (Fig. 9).	Measure circumference at the fibula head (approximately two finger-widths below the patella) with lay-on tape tension (Fig. 9).

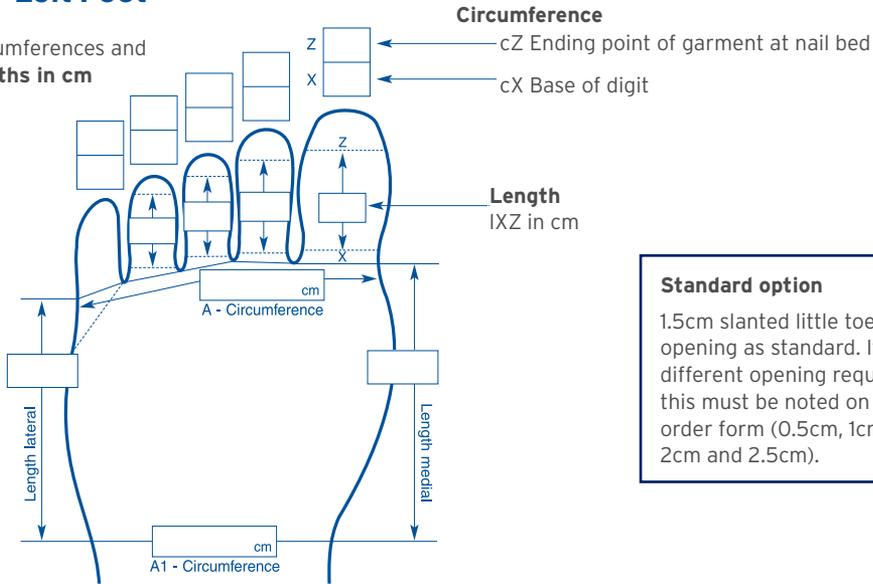
Fig. 9



Guide to Measuring for a Foot Cap

Left Foot

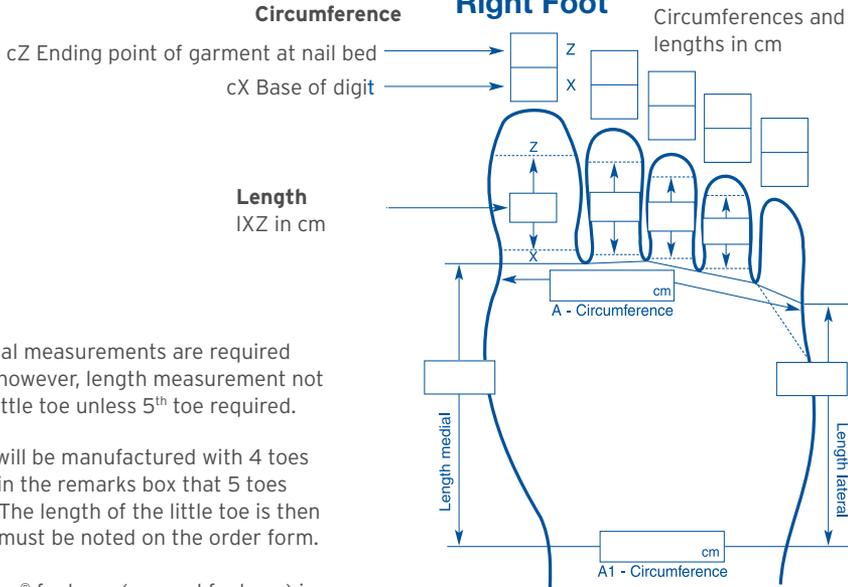
Circumferences and lengths in cm



Standard option

1.5cm slanted little toe opening as standard. If different opening required this must be noted on order form (0.5cm, 1cm, 2cm and 2.5cm).

Right Foot



Notes:

Circumferential measurements are required for all 5 toes however, length measurement not required for little toe unless 5th toe required.

All foot caps will be manufactured with 4 toes unless noted in the remarks box that 5 toes are required. The length of the little toe is then required and must be noted on the order form.

JOBST® Elvarex® foot cap (seamed foot cap) is available if CCL 3 is required or patient requires a garment with less than 4 toes.

Measurement Points A and A1

Measurement point	Length (l)	Circumference (c)
A Base of the toes (metatarsophalangeal joints).	Lateral (outside) length: From the base of the little toe at the A measurement point to the A1 measurement point as defined (Fig. 21).	Lay tape measure along the base of the toes (metatarsophalangeal) joints (Fig. 22).
A1 Decide where the patient would like the foot cap to finish, usually around the middle of the instep (roughly the 5th metatarsal) and mark as measurement point A1.	Medial (inside) length: From the base of the large toe at measurement point A to measurement point A1 as defined (Fig. 21).	Measure circumference at measurement point A1 with lay-on tape tension (Fig. 22).

Fig. 21

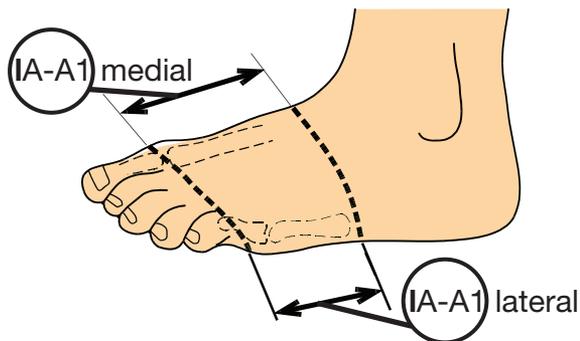
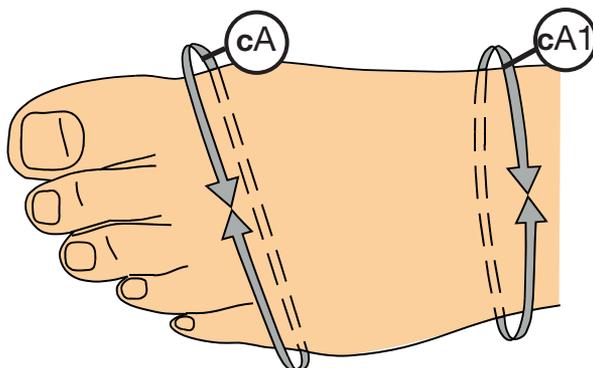


Fig. 22



Measurement Points X and Z

Measurement point	Length (l)	Circumference (c)
X Proximal measurement at the base of toe.	Use a JOBST® Flexicard to accurately take toe length measurements to the nearest millimetre. Place the JOBST® Flexicard in the toe webbing at the base of the toe. Take the shortest length, for each toe, from the webbing at X measurement to Z measurement at the nail bed (Fig. 23).	Take circumference at X measurement at the base of each toe at the webbing. Measure X to the nearest millimetre and without tension. It should not be less than the Z circumference measurement and if necessary, make the X circumference equal to the Z measurement (Fig. 24).
Z Distal measurement at the nail bed or where the patient would like the garment to finish, usually at the nail bed.	Note: the little toe should only be covered with a garment in exceptional circumstances (i.e. if oedematous).	Take circumference at Z measurement at the nail bed of the toe. Measure Z to the nearest millimetre and without tension (Fig. 24).

Fig. 23

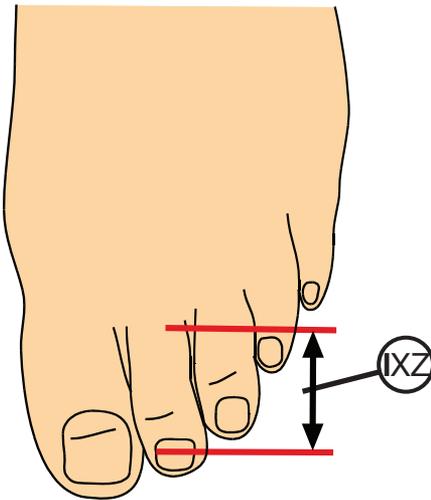
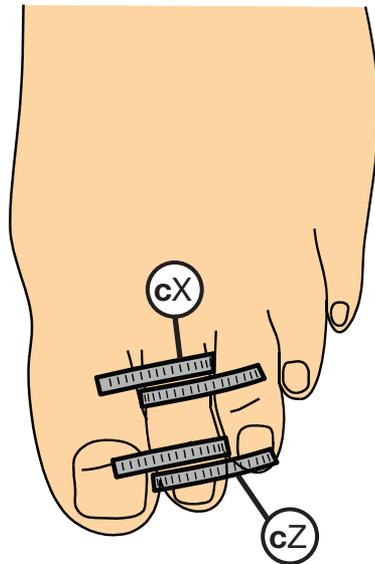


Fig. 24



JOBST® Elvarex® Custom-Fit

Styles and options - lower limb

Popular styles



AD
Knee high

Below knee options



Straight foot



Slant foot



Closed toe



Open toe



T-Heel



Ankle pad (profile)



Foot cap with toes



Silk pocket at ankle flex (Y measurement point)



Zipper



SoftFit (knee high only)



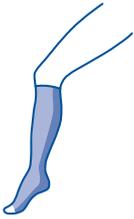
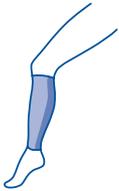
Knitted topband



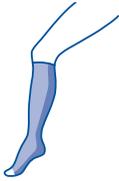
2.5cm silicone band on top

Order Codes

JOBST® Elvarex® Custom-Fit

	Compression Class	Code	Pieces	Options	Code	Pieces
Knee High						
	Basic style - slant open toe in beige			Options		
	CCL 1 - 18-21mmHg	L1-01-04	1	Closed toe	L-A001	1
	CCL 2 - 23-32mmHg	L2-02-04	1	2 Ankle pads (profile)	L-A002	1
	CCL 3 - 34-46mmHg	L3-03-04	1	Zipper	L-A003	1
	CCL 3 Forte - 34-46mmHg	L3-04-04	1	Silicone band	L-A004	1
	CCL 4 - 49-70mmHg	L4-05-04	1	Non-standard colour	L-A008	1
	CCL 4 Super - 60-90mmHg	L5-06-04	1	T-heel	L-A010	1
				SoftFit	L-A016	1
			Silk pocket			
Knee High Footless						
	Basic style - in beige			Options *Not available on Drug Tariff		
	CCL 1 - 18-21mmHg	L1-01-24	1	Zipper	L-A003	1
	CCL 2 - 23-32mmHg	L2-02-24	1	Silicone band	L-A004	1
	CCL 3 - 34-46mmHg	L3-03-24	1	Non-standard colour	L-A008	1
	CCL 3 Forte - 34-46mmHg	L3-04-24	1	SoftFit	L-A016	1
	CCL 4 - 49-70mmHg	L4-05-24	1	Silk pocket		
	CCL 4 Super - 60-90mmHg	L5-06-24	1			
Foot Cap with Toes						
	Basic style - with toes in beige[†]			Options *Not available on Drug Tariff		
	CCL 1 - 18-21mmHg	L1-01-02	1	Non-standard colour	L-A008	1
	CCL 2 - 23-32mmHg	L2-02-02	1	†1.5cm slanted little toe opening as standard		
	CCL 3 - 34-46mmHg	L3-03-02	1			

JOBST® Elvarex® Soft

	Compression Class	Code	Pieces	Options	Code	Pieces
Knee High						
	Basic style - slant open toe in beige			Options		
	CCL 1 - 18-21mmHg	L1-10-04	1	Closed toe	L-A001S	1
	CCL 2 - 23-32mmHg	L2-08-04	1	Silicone band	L-A004S	1
	CCL 3 - 34-46mmHg	L3-09-04	1	Non-standard colour	L-A008S	1
				T-heel	L-A010S	1
				SoftFit	L-A016S	1

JOBST® Elvarex® Soft Seamless

	Compression Class	Code	Pieces	Options	Code	Pieces
Foot Cap with Toes						
	Basic style - foot cap with toes in beige†			Options		
	CCL 1 - 18-21mmHg	L1-11-02	1	Non-standard colour	L-A008S	1
	CCL 2 - 23-32mmHg	L2-07-02	1			
						†1.5cm slanted little toe opening as standard

JOBST® Elvarex® Plus

	Compression Class	Code	Pieces	Options	Code	Pieces
Foot Cap with Toes						
	Basic style - foot cap with toes in beige†			Options		
	CCL 1 - 18-21mmHg	L1-12-02	1	Non-standard colour	L-A008P	1
	CCL 2 - 23-32mmHg	L2-13-02	1			
						†1.5cm slanted little toe opening as standard

How to Obtain a JOBST® Elvarex® Custom-Fit Compression Garment on Prescription (also known as made-to-measure)

A prescription will need to be raised for the compression garment. The reverse of the order form has a letter that can be sent to the patient's General Practitioner listing the appropriate codes for the prescription

This is a bespoke garment which is manufactured to the patient's individual needs. As such, the compression garment is made-up of a basic style(s) and additional option(s) to provide the individually specified finished garment. The prescription form lists the applicable garment

style(s) and option(s) for the particular garment. As this is a 'made-to-measure' compression garment, the patient will need to be measured for the compression garment and all the measurements need to be recorded on the measurement form.

Pharmacy Stamp		Age	Title, Forename, Surname & Address
		D.o.B	
Please don't stamp over age box			
Number of days' treatment		NHS Number:	
N.B. Ensure dose is stated			
Endorsements	JOBST Elvarex knee high	L2-02-04	
	RAL CCL 2 (23-32mmHg)		
	Non-standard colour	L-A008	
	SoftFit	L-A016	
	T-Heel	L-A010	
	Closed toe	L-A001	
Signature of Prescriber		Date	
For dispenser No. of Prescns. on form			
	Example FP10 Form		

JOBST® Elvarex® knee high L2-02-04
 RAL CCL 2 (23-32mmHg)
 Non-standard colour L-A008
 SoftFit L-A016
 T-Heel L-A010
 Closed toe L-A001



This completed prescription form is for one JOBST® Elvarex® Custom-Fit, dark blue, below knee, compression garment in RAL compression class 2 **with SoftFit, T-heel and closed toe.**



The patient will need a copy of the completed JOBST® Elvarex® custom-fit measuring form and we also suggest that a copy is kept in the patient's records

The patient will need to take both the prescription and the JOBST® Elvarex® order form to their local pharmacist. Alternatively, you may suggest a postal prescription service provider, in which case you should provide an envelope and instructions to your patient. Your local Essity Account Manager can provide you with these.

The pharmacist or the postal prescription service provider will fax the JOBST® Elvarex® order form to the manufacturer, Essity, to produce the compression garment. Essity will dispatch the compression garment to the pharmacist within 5 working days from receipt of order. The patient will then be able to collect the garment from their pharmacist. If using a postal prescription service provider, the garment will be delivered to the patient's home.

JOBST® Elvarex®

Custom-Fit Order Form

Fax order to customer services on: **0845 122 3450**
Email order to customer services on: compression.uk@essity.com

Date: _____ Purchase Order No.: _____ Patient Name: _____ DoB: _____

Measured By: _____ Tel: _____ Email: _____

Delivery Address: _____ Invoice Address: _____

<input type="checkbox"/> JOBST® Elvarex®			
Compression Class (RAL)	Quantity		
	Left	Right	Body Bandage
CCL 1 (18-26mmHg)			
CCL 2 (23-32mmHg)			
CCL 3 (24-46mmHg)			
CCL 3F (34-46mmHg)			
CCL 4 (49-70mmHg)			
CCL 4S (60-90mmHg)			
Style	Options		
<input type="checkbox"/> AD Knee high	<input type="checkbox"/> Leg extension	<input type="checkbox"/> Adjustable waistband	
<input type="checkbox"/> BD Knee high footless	<input type="checkbox"/> Fly for men	<input type="checkbox"/> Crotch for men	
<input type="checkbox"/> AF Mid thigh*	<input type="checkbox"/> Open pubis	<input type="checkbox"/> Re-inforced gusset	
<input type="checkbox"/> AG Thigh high	<input type="checkbox"/> Slipform	<input type="checkbox"/> Zipper with lining*	
<input type="checkbox"/> BC Thigh high footless	<input type="checkbox"/> Silk pocket†	<input type="checkbox"/> T-Heel (CCL 2-3F only)	
<input type="checkbox"/> AGTL Chap style left	<input type="checkbox"/> Ankle pad (protile)	<input type="checkbox"/> Top functional zone*	
<input type="checkbox"/> AGTR Chap style right	<input type="checkbox"/> Knee functional zone (CCL 2-4S only)	<input type="checkbox"/> Capri tights options:	
<input type="checkbox"/> AG-T Chap style pair		<input type="checkbox"/> Slipform	
<input type="checkbox"/> AT Tights		<input type="checkbox"/> Adjustable waistband	
<input type="checkbox"/> AT Tights 1 leg		Silicone bands	
<input type="checkbox"/> Bermuda		<input type="checkbox"/> 2.5cm	
<input type="checkbox"/> BI / C-G Capri leg*		<input type="checkbox"/> 5cm	
<input type="checkbox"/> BI / C-G Capri tights (CCL13 only)		<input type="checkbox"/> Inside	
		<input type="checkbox"/> On top	
		<input type="checkbox"/> Pieces	
		<input type="checkbox"/> 3/4 band	
Colour	<input type="checkbox"/> Black	SoftFit (2.5cm only)	
<input type="checkbox"/> Beige	<input type="checkbox"/> Dark brown	<input type="checkbox"/> (AD Knee high, CCL13 only)	
<input type="checkbox"/> Dark blue	<input type="checkbox"/> Cranberry		
<input type="checkbox"/> Grey	<input type="checkbox"/> Denim		
<input type="checkbox"/> Henna			
<input type="checkbox"/> Graphite			
Coloured Seam	Orp top options		
Mix garment and seam colour (no code / charge for seam colour)	<input type="checkbox"/> SoftFit		
<input type="checkbox"/> Beige	<input type="checkbox"/> Black	<input type="checkbox"/> (AD Knee high, CCL13 only)	
<input type="checkbox"/> Dark blue	<input type="checkbox"/> Cranberry		
<input type="checkbox"/> Grey	<input type="checkbox"/> Denim		

Circumference Measurements (cms)

Left Leg Length Measurements (cms)

a-K _____ cm

a-G _____ G

a-F _____ F

a-E _____ E

a-D _____ D

a-C _____ C

a-B _____ B

a-A _____ A

Right Leg Length Measurements (cms)

a-K _____ cm

a-G _____ G

a-F _____ F

a-E _____ E

a-D _____ D

a-C _____ C

a-B _____ B

a-A _____ A

Foot Length

For open toe _____

For closed toe _____

Foot Styles

Open toe Closed toe

Slant foot Straight foot

(applicable length measurements required)

Remarks

Note: If this is an exact repeat of a previous garment, the measuring form is not required but a prescription still needs to be raised with the appropriate Drug Tariff codes and given to the patient. The prescription form needs to quote the 'schema' number from the previous order. Each JOBST® Elvarex® garment order is provided with a schema number. This is a unique identification number for each garment manufactured and the number can be found on the order sheet inside the packaging. By requesting a re-order quoting this schema number, the patient will receive an exact copy of the original garment. The pharmacist still needs the prescription form.

Comparison of Hosiery Compression Classifications[†]

Lower limb compression classes

Class	German Standard RAL-GZ 387*	British Standard BS 6612	French Standard ASQUAL	US Compression Levels**
1	18-21mmHg	14-17mmHg	10-15mmHg	15-20mmHg
2	23-32mmHg	18-24mmHg	15-20mmHg	20-30mmHg
3	34-46mmHg	25-35mmHg	20-36mmHg	30-40mmHg
3 Forte***	34-46mmHg	-	-	-
4	49-70mmHg	-	>36mmHg	-
4 Super***	60-90mmHg	-	-	-
Testing Method	HOSY	HATRA	IFTH	-

[†] Reference: Lymphoedema Framework. Template for Practice: compression hosiery in lymphoedema. London: MEP Ltd. 2006

* Compression ranges as recommended by the International Lymphoedema Framework. Reference: Lymphoedema Framework Template for Practice: compression hosiery in lymphoedema. London: MEP Ltd., 2006

** No national standards for compression hosiery in USA; most popular compression classifications listed

*** Not listed in Template for Practice documents

Information



Training and Education

Essity is able to offer training and education through the JOBST® Academy. Please ask your local Essity Account Manager for more information.



Customer Service

Our experienced UK Customer Service team use their expertise to process orders efficiently and answer product queries.

- Call: 0845 122 3600
- Direct fax: 0845 122 3450
- Email: compression.uk@essity.com



Clinical Support

Our free compression therapy helpline is manned by our experienced Clinical Nurse Specialist who is available to answer your clinical queries and offer treatment advice from bandaging to wrap compression systems to measuring for compression garments.

- Call: 0800 389 8424



Essity Account Manager

Your local Essity Account Manager is your first point of contact for our entire range of compression therapy products and as such is able to offer you advice, support and detailed product information.

- Call your local Essity Account Manager directly or call the Concierge Service on 01482 670177 to schedule a visit



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