## MEASUREMENT FORMS

## LYMPHATREX Expert

## ARMSLEEVE

## Anatomical Markers

(G) corresponds to the axilla (armpit)
(F) corresponds to the widest point of the biceps
(E) localized at the antecubital fossa

D corresponds to the widest point of the forearm
C1) positioned at 6 cm from $C$
C corresponds to the narrowest point of the wrist

The arm must be in a relared position.
Measure the heights on the inner side of the arm.

## Measurement Instructions



Measurement of circumferences (are illustrated here the fold of the elbow and the axilla)


For a shoulder cover, take the chest circumference ( H ), from the acromion, passing through the opposite axilla.


For a shoulder attachment, take the $\ell \mathrm{GH}$ measurement that goes from the axilla (projected on the outside of the arm) to the bra shoulder harness.


Important: the heights are taken on the inside of the arm

