

Hand Section

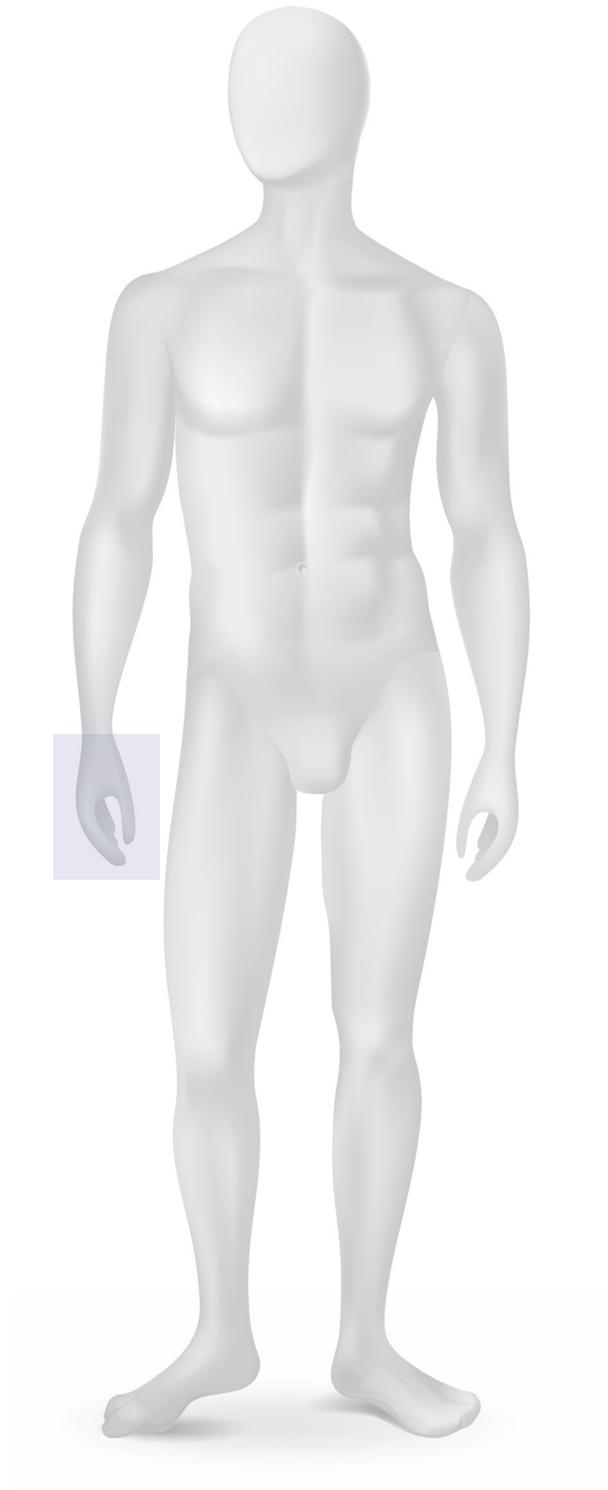
Garment Styles

Design Choices

Modifications

Measuring Guide

Jobskin Data form - 505



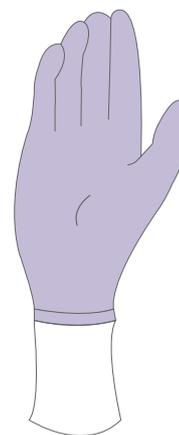
Garment Styles

For Lymphoedema of the arm including the hand

Glove to Wrist: open or closed tips 0535

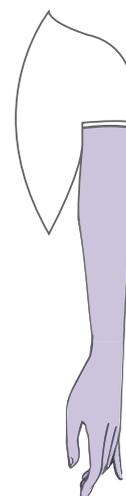
- Digits can be constructed with a mixture of short and long lengths and open or closed tips

Must be worn in conjunction with an arm sleeve



Glove to Axilla 0533

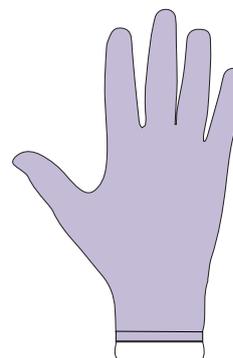
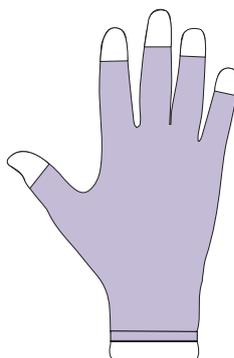
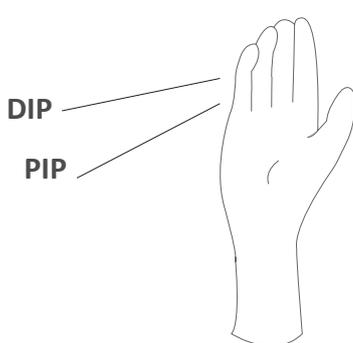
- Gives good constant pressure along length of arm without any gaps in the garment which can cause a reduction in the pressure



Design Choice

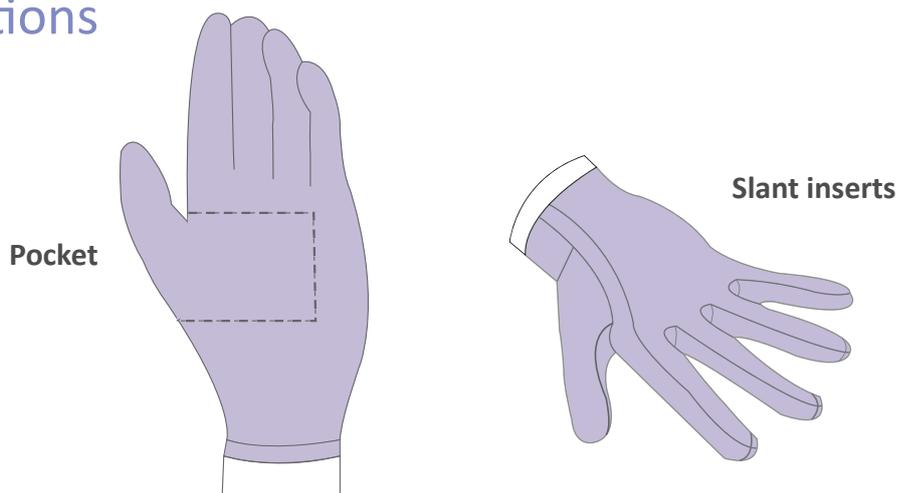
Glove with open fingertips at the PIP level (this recommended for tactile sensation)

Glove with open fingertips at the DIP level



- Extending to the level of the proximal portion of the middle phalanx, the glove can be constructed to the end at the DIP joint level.
- This style is preferred over the closed fingertips, because the open fingertips provide better tactile sensation and use of the hand.

Modifications



0021: Reinforced Palm Zippers	Extra pressure to palm, does not cover thumb area. Ideal for manual workers and children where a glove gets a lot of wear. Standard location is ulnar side but may be placed on the dorsal or palmer also. Selected for ease of fitting or for the insertion of conformers. Note: avoid zippers if possible as pressure can be compromised.
0027: Pockets	Sewn in for the insertion of pads to apply extra pressure to certain areas.
1169: Slant Inserts	Select when pressure is required into the web spaces of the hand, not thumb. A seam is sewn between the digits to provide pressure to the web spaces.

Tools Required

- **Jobskin Data Form - 505**
- Jobskin finger measuring tape
- Regular measuring tape
- Straight ruler
- Inner of a biro or thin pen/pencil
- If extending up the arm, the Jobskin **Pink** arm tape will be required

Procedure

- Seat patient in a comfortable position with the arm extended
- Remove any jewellery or rings

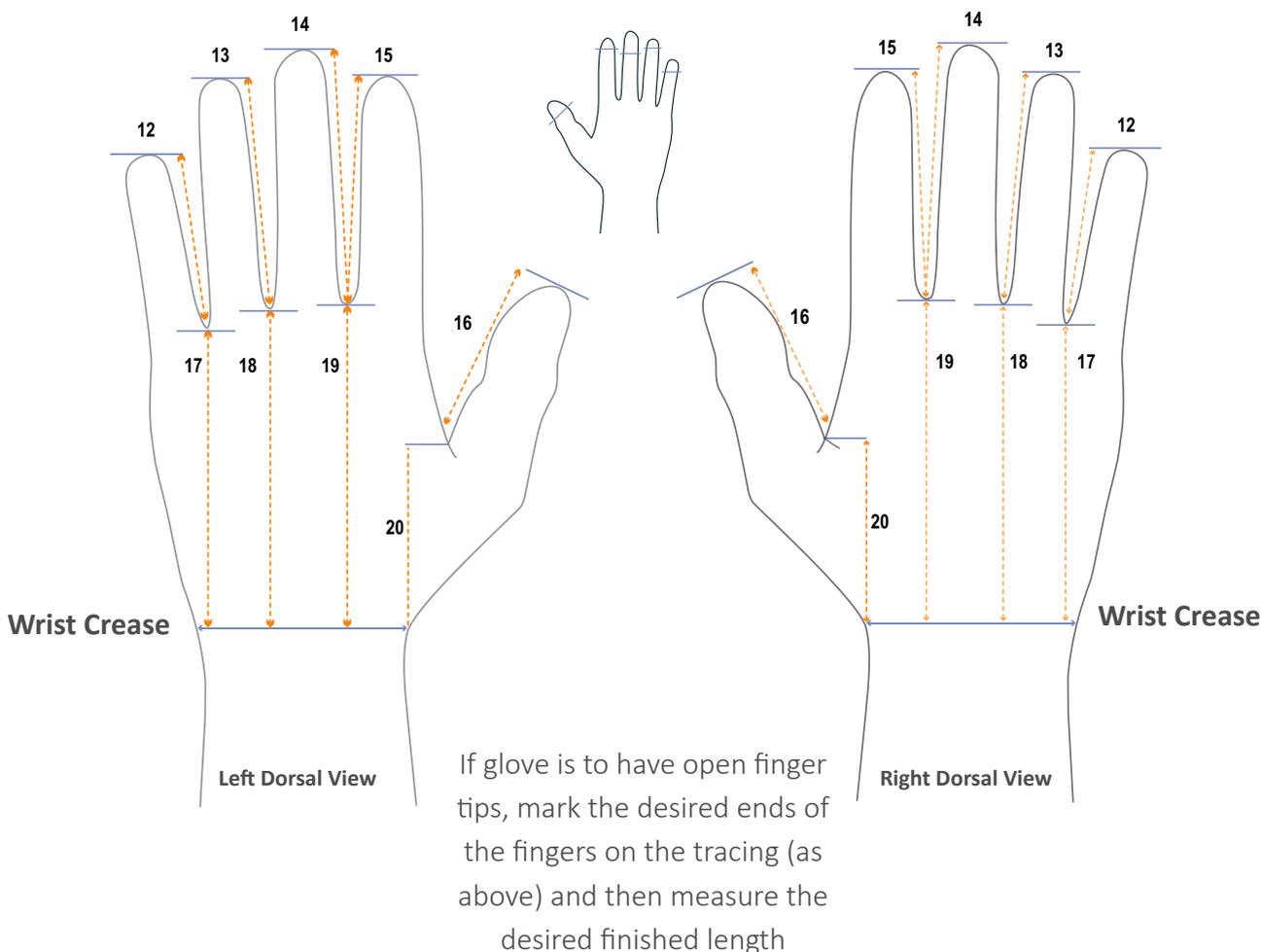
Construction of Jobskin finger measuring tape

- Make up by inserting distal end tape through pre-cut opening
- Read measurement from tape as indicated by arrow in cm's

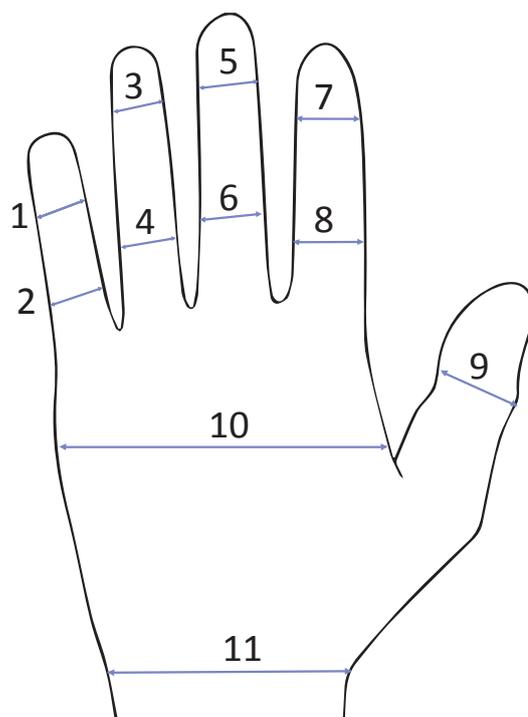
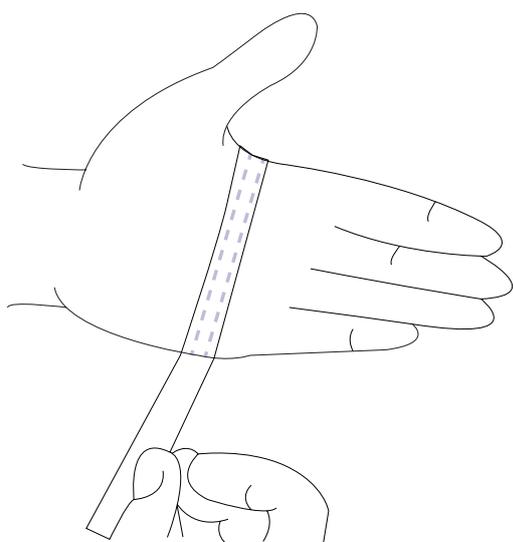
Measuring the hand using a hand outline tracing

- You may provide the **linear measurements (12 - 20)** of the hand required using a hand outline drawing which can be done on a plain sheet of paper.

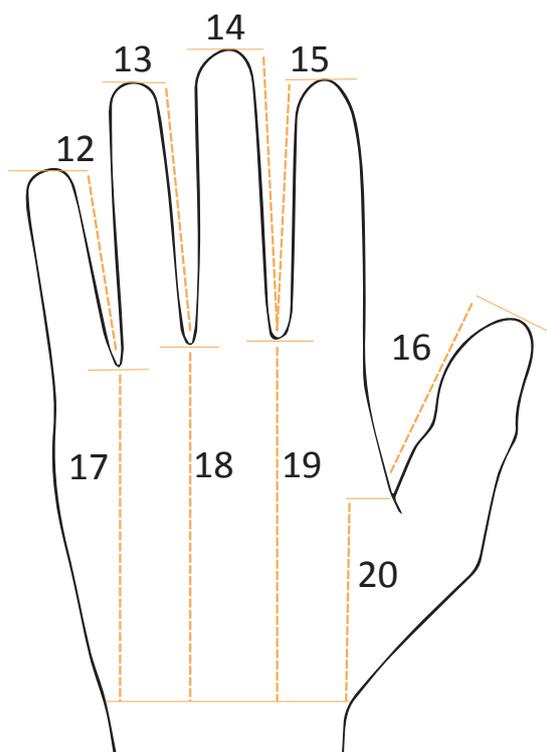
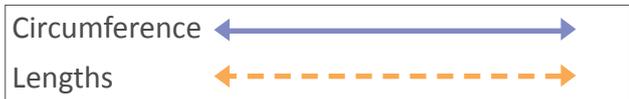
As follows:



- Place the patient's hand on a blank page with fingers and thumb slightly spread
- Measure with a ruler from the highest point of the thumb web and finger webs along the inner aspect of each digit to the end of the digit or the desired finished lengths of each digit.
- You will also need to measure from the wrist crease to the highest point of each finger web space.
- Please mark on this the patient's name and date and send with your **Order Form and Measurement Data Form.**



Number	Required Measurements	Method
1	Little Finger - DIP joint	<p>Measure around each DIP and PIP joint of each digit using Jobskin paper tape measure.</p> <p>Note: Ensure that the tape is as firm as possible, but you must still be able to move the tape round the joint.</p> <p>Only measure the digits required to be incorporated into glove and the corresponding DIP and PIP measures necessary</p>
2	LF PIP	Little Finger- PIP Joint
3	RF DIP	Ring Finger - DIP Joint
4	RF PIP	Ring Finger - PIP Joint
5	MF DIP	Middle Finger - DIP Joint
6	MF PIP	Middle Finger - PIP Joint
7	IF DIP	Index Finger - DIP Joint
8	IF PIP	Index Finger - PIP Joint
9	Thump IP	Thumb - IP Joint
10	Palm	Using the finger tape, widen the loop and place it around the palm (thumb excluded). It is usually best if you can get your patient to lay their hand flat (If possible) and feed the tape into the palm web. Note: Do not pull the tape tight.
11	Wrist	Place the loop around the wrist between the Ulnar Styloid Process and the base of the hand and record off the measurement. Tip: leave the tape in place around the wrist and measure the lengths.



Number	Required Measurements	Method
12	Little finger	Measurements 12 - 20 are linear and should be taken on the back of the hand or taken from a hand outline tracing. Measure the length of the digit from the highest point of the web to the finger tips or the required finished length or transfer lengths from hand drawing method. If it is not possible, or awkward to measure the lengths with a tape measure use a piece of string/pipe cleaner
13	Ring finger	
14	Middle finger	
15	Index finger	
16	Thumb	
17	Wrist to between IF and RF	Measure from the wrist crease to the web spaces for measurements 17 - 20
18	Wrist to between MF and RF	
19	Wrist to between IF and MF	
20	Wrist to thumb web	