

Lower Extremity Section

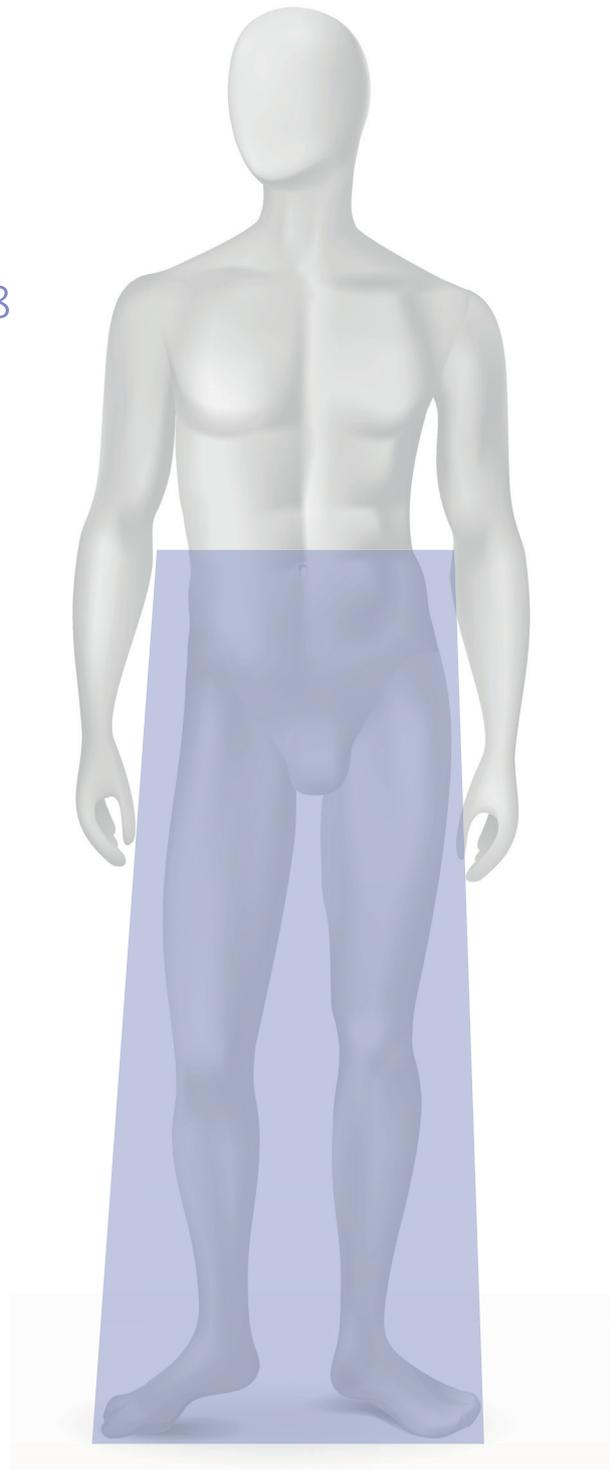
Garment Styles

Design Choices

Modifications

Measuring Guide

Jobskin Data Form 506 & 508

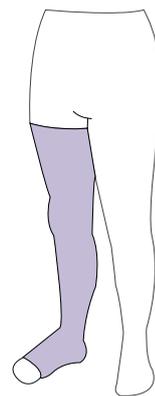


Garment Styles

For Lymphoedema of the lower extremity

Thigh Length - 0201

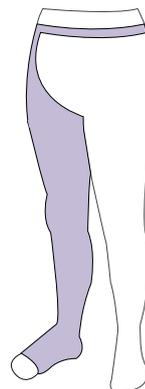
- Silicone elastic can be selected to hold the garment up
- Open or closed toes available
- Zippers may be incorporated into garment if required, however pressure may be slightly compromised
- Consider a chap style one leg as an alternative to prevent garment falling down



Chap Style, with Waistband, One Leg - 0035

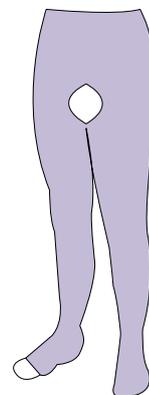
Chap Style, with Waistband, Two Legs - 0036

- As per thigh length, 0201, but with the addition of a waist band to secure and hold in place.



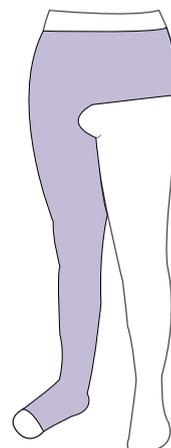
Waist Height, Two Legs, Open Pubis - 1102

Waist Height, Two Legs, Closed Pubis - 1101



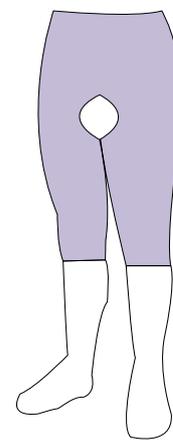
Waist Height, One Legs, Open Pubis - 1103

For Lymphoedema of lower abdomen, hips and one leg.



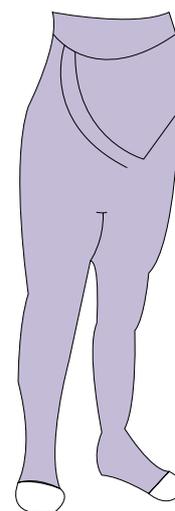
Panty Girdle, Open Pubis - 1122
 Panty Girdle, Closed Pubis - 1119

For Lymphoedema of lower abdomen and upper thigh.



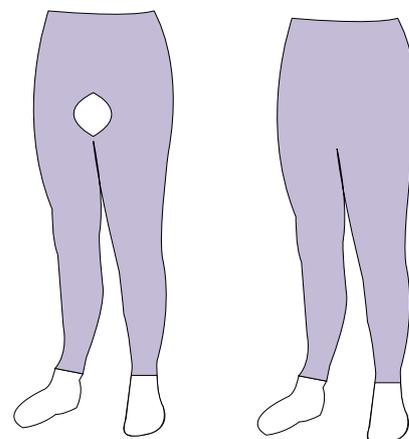
Chest Height, Two Legs, Pregnancy - 1104

A reduced pressure panel over the abdomen which is suitable for pregnant women.



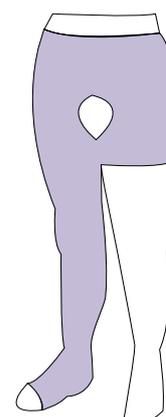
Panty Girdle (below Knee) Open Pubis - 1110
 Panty Girdle (below Knee) Closed Pubis - 1111

For the treatment of **Lipoedema**



Waist Height, One Leg, Panty, Open Pubis - 1112
 Waist Height, One Leg, Panty, Closed Pubis - 1113

Waist height, with one full leg and the other a short leg. For Lymphoedema over the lower abdomen and in addition to one entire leg



Design Choices

Male style openings - Horizontal fly opening:

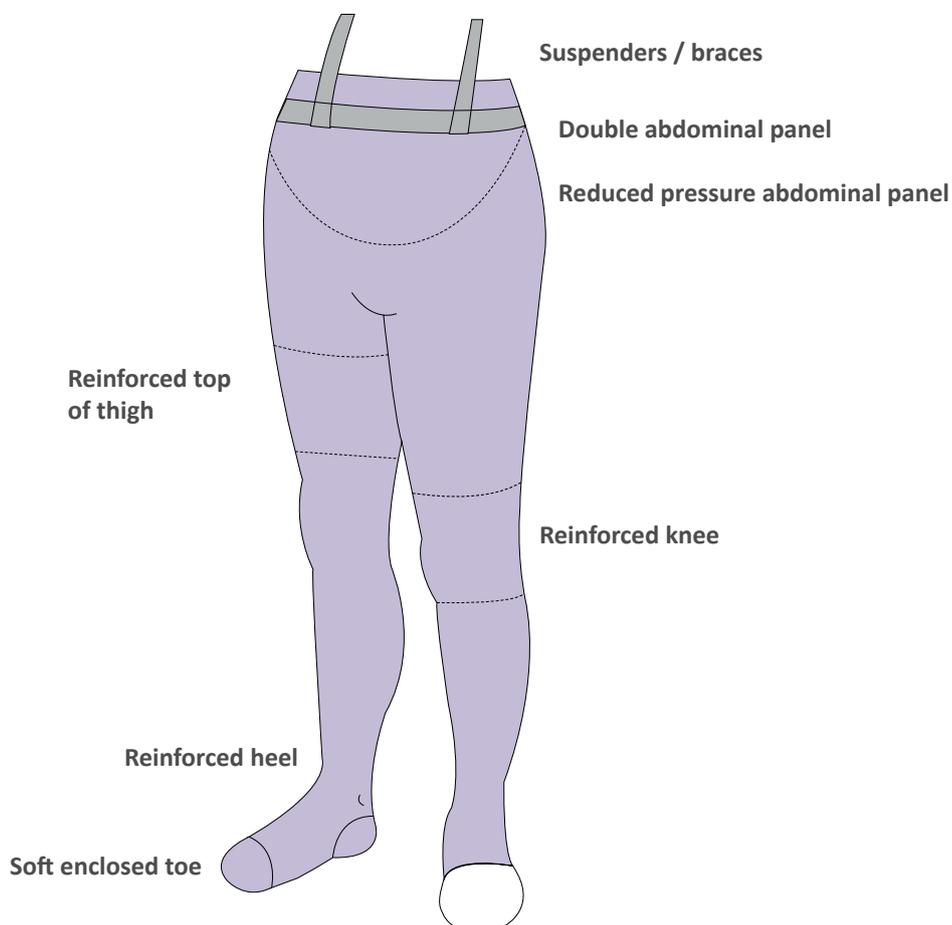
- A standard opening and will provide some pressure over the genital area

Diagonal fly opening

- Standard design is lining
- If more pressure is required over the genital area this style of opening is recommended as it fits more snugly, if made in Powernet fabric

Modifications

0040: Behind the knee lining	Soft material lining the garment to prevent pinching at the back of the knee.
1159: Self enclosed toes	Enclosed with powernet fabric in one piece, no seams.
0020: Extra heel reinforcement	For high wear area to reinforce.
0027: Pockets	Pockets made of soft material. Open to insert padding to give extra pressure in difficult areas.
1175: Double abdominal panel	Used to give extra support to a pendulous abdomen or collapsed stomach muscles, usually used in conjunction with an uplift panel.
1176: Uplift panel	Extra pressure panel over abdomen to help hold up collapsed muscle.



Modifications

1160: Soft enclosed toe	Soft lining fabric used
1164: Zipper- under 20cm 1165: Zipper- over 20cm	Which are fragile or unhealed in small areas, or if the patient has limited hand function, long or short zippers can be used. Short zippers can be inserted at the waist or the ankle to ease the fitting of the garment. If you require zippers on the body only, these can be placed right or left of the front center seam from groin to waist. We can also place zippers in the front centre seam
1161: Reduced pressure abdominal panel	Reduced pressure over the abdomen area for patients who cannot tolerate pressure on the abdomen. Made out of soft material
1162: Attach suspenders	Suspenders (braces) are used, especially with children, to hold up the garment
1187: Reinforced heel	Reinforced heel
1163: Velcro tabs	To attach waist height to vest.

Tools required

- **Jobskin Data Form - 506 and 508 (foot glove)**
- Jobskin measuring tape- full length- coloured **purple**
- Jobskin measuring tape- knee length- coloured **green**
- Regular measuring tape
- Sheet of blank paper for foot drawing
- Inner of a biro or thin pen/pencil
- Measuring stand
- Adhesive tape

Procedure - Full Length

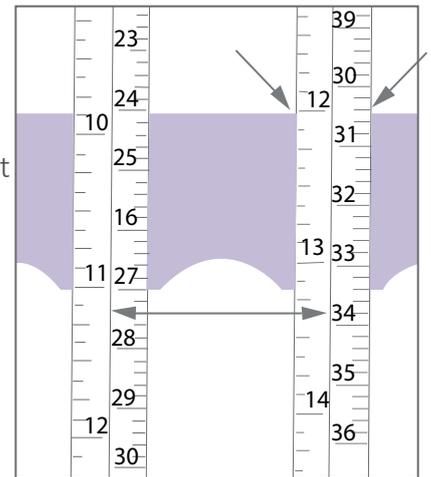
Take measurements while patient **is lying down or semi-prone** with the leg elevated on the Jobskin measuring stand and foot in a normal relaxed position. The ankle should be resting on the measuring stand. Label the tape with the patients name and whether right of left leg.

Note: if you have a patient whose extremity is large and the circumference straps will not accommodate the size, extend their length by either using supplied 'extension' straps or adding another strap to lengthen, the 'extension' straps are numbered in sequence.

Add and secure so that the numbering sequence is unbroken. If another 'strap' is added, secure to the attached strap with the plain (**unnumbered**) side facing up. Do not cut the extended straps short. Leave the extended straps intact, so the exact length can be determined. If you are transferring the measurements to the order form, then use a regular measuring tape (**and measure from one end to the other**).

Pleating

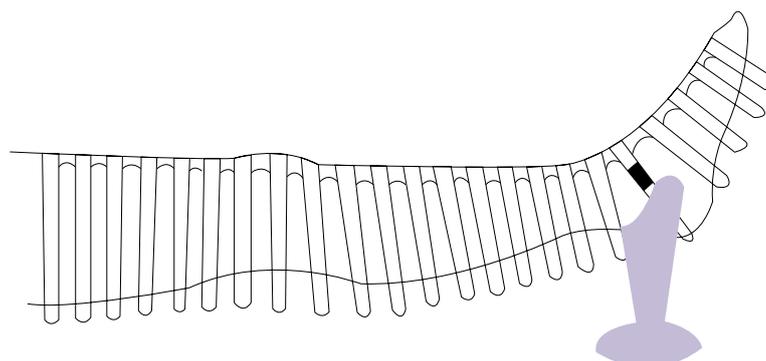
- The tape **green or purple** may be pleated only at the top (below the knee or thigh) or bottom (base of the great toe).
- If a strap does not fall exactly at the correct position to end the garment, then fold the next strap back until it is in position to wrap around the foot or leg.
- Secure these two straps along the spine of the tape with adhesive tape.
- Read the measurements where the strap intersects the **green/purple** spine along the straight edge. Transfer these onto the **Jobskin Data Form - 506**
- Remember to measure the distance between the centre lines of the pleated straps and fill in the appropriate box on the form.



Letter	Full Length Method
A	Place the horizontal spine of the measuring tape (purple) along the top of the leg. The strap marked 'heel' ('0') should be directly over the bend of the instep. Wrap the strap marked 'heel' ('0') around the highest point of the heel and fasten it to the self-adhesive tabs, (secure with adhesive tape) . This measurement is critical in determining the length of the support. Use Green knee length tape for children.
B	At the foot end of the tape, wrap each succeeding tape around the foot, proceeding from the instep to the base of the toes.
C	Proceed from the heel '0' strap up to leg, fastening all straps securely to the self-adhesive tabs and then secure with adhesive tape . Wrap the circumferential straps around the limb firmly, but do not allow skin to bulge between the straps by pulling too tightly. The correct counter pressure will be built into the garment. When measuring an obese or oedematous patient, it may be necessary to lift up the hanging flesh and pull the tapes a little tighter; therefore in this instance there will be some bulging of skin between the tapes.
D	Make sure all the circumferential straps are securely fastened and remove measuring tapes by cutting on the scalloped side of the horizontal spine. These straps may be cut short except for any extensions.

Note: Remember to measure the length of the foot if you require a closed foot and enter it onto the Jobskin Data Form or make a drawing of the foot.

Stand the patient on a blank sheet of paper and with the inner of a biro or thin pen/pencil carefully draw around the whole foot. Indicate on drawing whether left or right. Make sure that you keep the pen/pencil perpendicular to the paper whilst making the drawing.

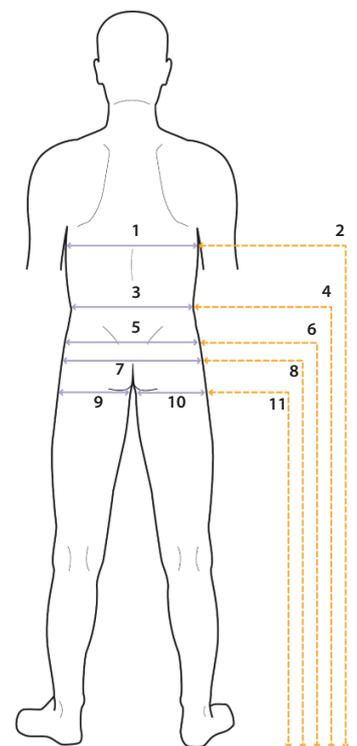


Waist Height:

Having measured the leg, or legs, it is now necessary to measure for the waist height section of the garment. Measure circumferences at the points indicated by the arrows indicated on **order form - 506**.

- Measure all heights from the floor without shoes
- It is important that all heights are accurate
- All linear measurements taken from the back of the patients are to be taken with the patient standing. If the patient cannot stand, lay them down on their side.

Number	Waist Height Circumference measurements
1	Top of support
3	Waist
5	Top of buttocks
7	Largest part of buttocks
9	Left- inner thigh- make sure the tape is not angled
10	Right- inner thigh make sure the tape is not angled



Number	Waist Height Vertical Measurements
2	Required top of support to floor
4	Waist to floor
6	Top of buttocks to floor
8	Largest part of buttocks to floor
11	When taking measurement 11 tuck the tape well in under the gluteal fold.- If the patient is obese lift the buttocks to get the correct length.- If the patient is pregnant or has a protruding stomach, then measurements 1 and 2 will be required. State the month of pregnancy at the time of measuring, on the Jobskin Data Form - 506 . Tip: take circumference and length simultaneously.

Short Leg:

When you require a short leg on a waist height always use the full length tape (**Purple**) using only as many straps as necessary anchoring at the heel.

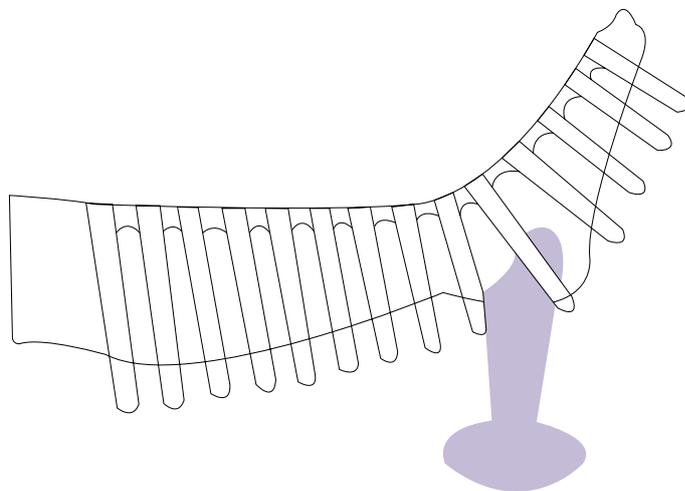
Knee Length:

Take measurements while patient is lying down or semi-prone with the leg elevated on the Jobskin measuring stand and the foot in a normal relaxed position.

The ankle should be resting on the measuring stand.

Label the tape with the patients name and whether left or right leg.

Letter	Knee Length Method
A	Place the horizontal spine of the measuring tape (green) along the top of the leg so that the strap marked 'heel' ('O') is directly over the bend of the instep. - Then wrap the strap marked 'heel' ('O') around the highest point of the heel and fasten it to the self-adhesive tabs, (secure with adhesive tape). This measurement is critical in determining the length of the support and it is, therefore, important that the strap be positioned correctly.
B	At the foot end of the tape, wrap each succeeding tape around the foot, proceeding from the instep to the base of the toes using the self-adhesive tabs and secure with adhesive tape.
C	Proceed from the heel 'O' strap up to leg, fastening all straps securely to the self-adhesive tabs and then secure with adhesive tape. Wrap the circumferential straps around the limb firmly, but do not allow skin to bulge between the straps by pulling too tightly. The correct counter pressure will be built into the garment. - When measuring an obese or oedematous patient, it may be necessary to lift up the hanging flesh and pull the tapes a little tighter; therefore there will be some bulging of skin between the tapes. The last strap should be approximately 2.5cm below the bend of the knee to allow for the elastic finish.
D	Make sure all the circumferential straps are securely fastened and remove measuring tapes by cutting on the scalloped side of the horizontal spine. These straps may be cut short except for any extensions.
E	Fold the completed tape and send with your completed paperwork, or read off the measurements on the tape, reading along the straight edge of the spine and transfer the measurements onto the matching tape diagram on the order form, see pleating page 33.



Foot Glove:

Take measurements while patient is lying down or semi-prone with the leg elevated on the Jobskin measuring stand and the foot in a normal relaxed position.

Do a drawing of the foot, marking left or right and patients name.

Stand the patient on a blank sheet of paper and with the inner of a biro or thin pen/pencil carefully draw around the whole foot. Indicate on drawing whether left or right.

Make sure that you keep the pen/pencil in a straight, upright position whilst making the drawing, making sure that the pen/pencil passes between each of the toes into the web spaces.

Letter	Foot Glove Method
A	Measure the length and circumference of the I.P. joints of each toe using the finger tape.
B	Place the horizontal spine of the measuring tape (green) along the leg so that the strap marked 'heel' ('O') is directly over the bend of the instep. Then wrap the strap marked 'heel' ('O') around the highest point of the heel and fasten it to the self-adhesive tabs, (secure with adhesive tape). This measurement is critical in determining the length of the support.
C	At the foot end of the tape, wrap each succeeding tape around the foot, proceeding from the instep to the base of the toes.
D	Indicate open or closed toes. It is possible to mix open and closed.

If it not possible to clearly outline the toe webs, measure along the side of each toe from web to toe tip to obtain the length of the toes. The foot glove is designed to give pressure in between the toes. The garment ends at the level of the ankle, but can be extended up the leg to the knee as required.