

# Arm Section

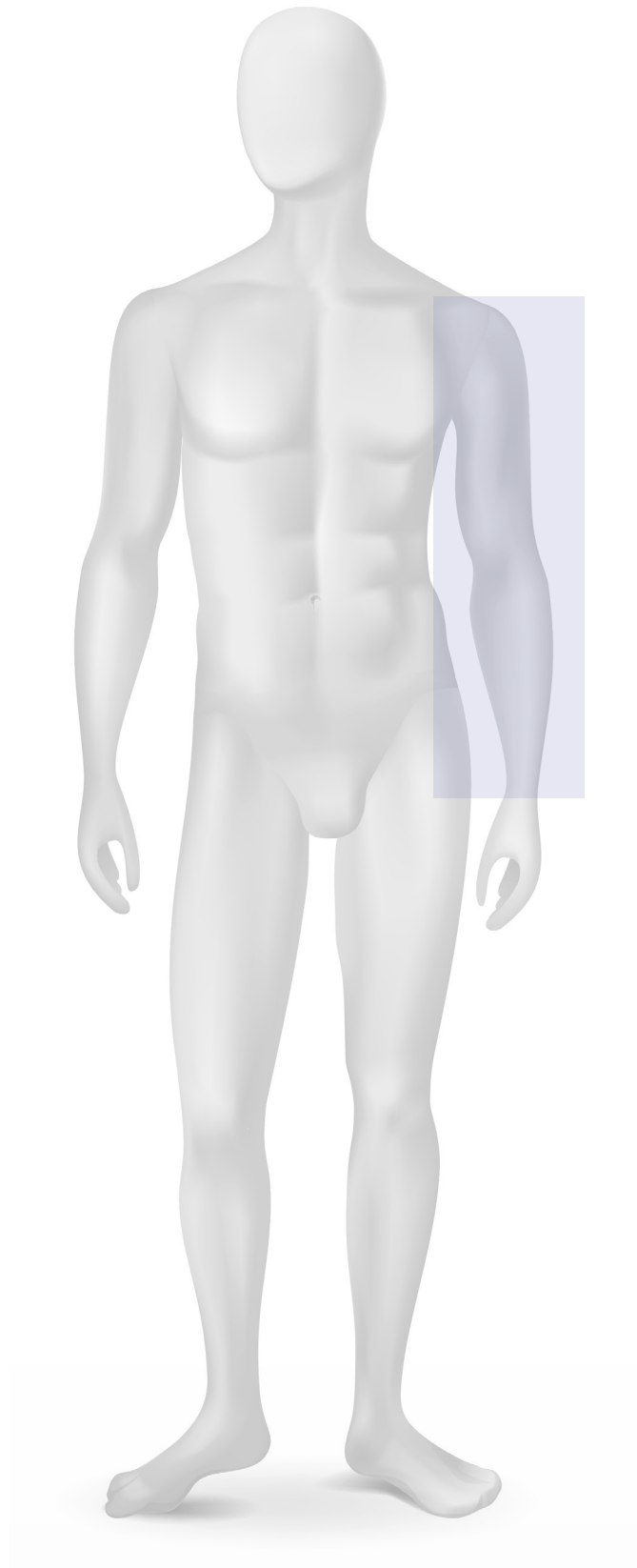
Garment Styles

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Measuring Guide

Jobskin Data Form- 503

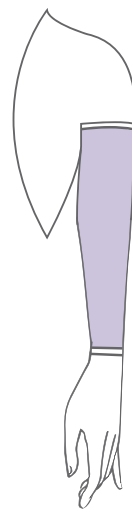


## Garment Styles

### For Lymphoedema of the arm and hand

#### Full Arm Sleeve - 0501

- If there are oedema issues in the hand, consider adding a detachable gauntlet to the sleeve



#### Arm Sleeve and Gauntlet 0502

- Gauntlet may be detachable - **Order 0501 and 0505**



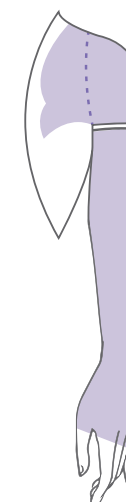
#### Arm Sleeve and Shoulder Flap - 0503

- Helps to prevent sleeve slipping down
- Standard or adjustable body straps can be incorporated with design



#### Arm Sleeve, Gauntlet and Shoulder Flap - 0504

- A complete length arm sleeve incorporating an attached gauntlet with adjustable or non adjustable shoulder flap. Please specify requirements.

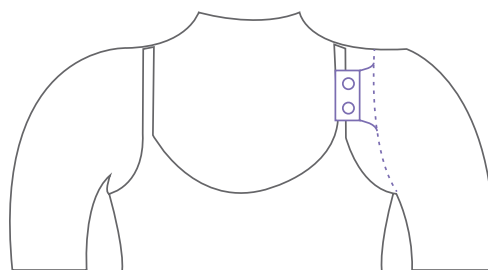


## Design Choices

### Round shoulder flap/bra loop flap

Other design choices available:

- Arm/flap- standard
- Arm/flap- closed with Velcro



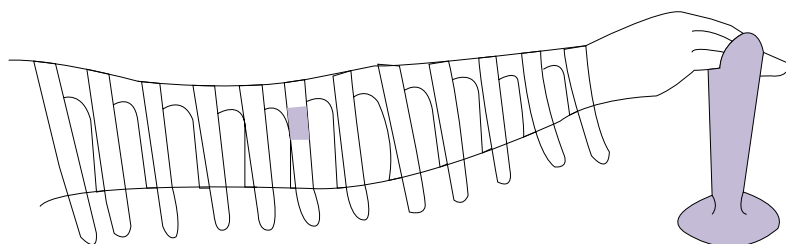
For measurements required see **Jobskin Data Form 504**.

## Modifications

|   |   |
|---|---|
| 0027: Pockets                                     | Added to facilitate padding to give greater pressure to difficult areas   |
| 1164: Zipper-under 20cm<br>1165: Zipper-over 20cm | Positioned on the lateral side, if required elsewhere please specify  |
| Sleeves: Short/Long                               | Edged with 2.5cm elastic, if 1.5cm required- please request Standard is overlock stitch without elastic, if elastic required please request |
| 1167: Lining inside elbow                         | For protection or comfort<br>Not recommended where there are contractures present   |
| 1168: Lining full elbow                           | As above  |

## Tools Required

- **Jobskin Data Form - 504**
- Jobskin measuring tape for arm coloured **Pink**
- Jobskin measuring stand
- Adhesive tape



## Procedure

Take measurements with the patient seated, arm relaxed and extended in a horizontal position, with the elbow very slightly flexed. Hand should be resting on a Jobskin measuring stand for stability.

1. Label the tape with patients name and indicate right or left.
2.
  - Fasten the tape in position at elbow (**using elbow tape Number 9**) with distal end towards the wrist.
  - Secure with adhesive tape as tabs are temporary fastenings.
  - For a large extremity use extension tapes or add another strap to lengthen.
  - 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).

**NOTE: If a gauntlet is not required and you require a shoulder flap go to N 6**

3. Proceed from the elbow towards the wrist.

- Wrap circumferential straps around the arm firmly, do not allow the skin to bulge between the straps by pulling too tightly. Secure straps with adhesive tape.
- The correct pressure will be built into the garment. Usually the '0' strap will fall just below the wrist bone. Occasionally the '0' strap will fall short, if so pleat the next strap (**see pleating on page 33**).
- Cut the tape along the scalloped side and transfer the measurements onto the **Jobskin Data Form - 504** reading along the straight edge.

4. (With gauntlet) Use the tapes as shown.

5. Measure from the IP joint of the thumb with the **Jobskin finger tape (see hand section)**. Give the length of the thumb and an outline drawing of the hand.

## Pleating

- The tape may be pleated only at the top (axilla) or bottom (wrist or metacarpals).
- If a strap does not fall exactly at the wrist or the axilla, then fold back the next strap until it is in position to wrap around the arm.
- Secure these two tapes along the **Pink** spine with adhesive tape.
- Read the measurements where the tape crosses the pink spine along the straight edge.
- Transfer these onto **the Data Form**.
- Remember to measure the distance between the centre lines of the pleated straps and fill in the
- Appropriate box on the form.