

## Section 4 - Lower Limb

Socks

Style Options

Reinforcement Options

Zip Options

Measuring Guide

*Style Options: this must be completed on the front page of the measurement form*

**Sock up to 5cm above the ankle  
(closed toe)**  
Code: PCP08



**Sock up to 5cm above the ankle  
(open toe)**  
Code: PCP08



**Below knee sock  
(closed toe)**  
Code: PCP09



**Below knee sock  
(open toe)**  
Code: PCP09

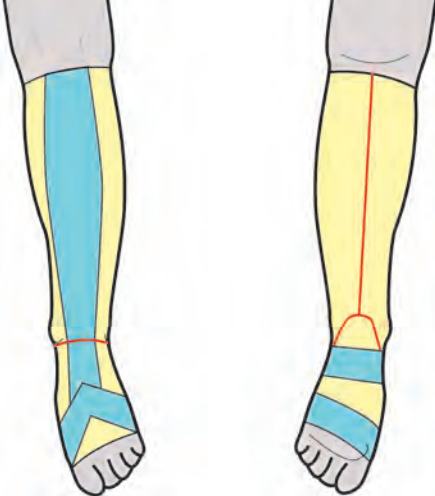


**Reinforcement Options:** these must be identified and the measurement form completed with the codes clearly written in the appropriate section on page 1.

**Lower Leg Central Panel**

**Code: LL1**

To assist dorsi-flexion and control alignment



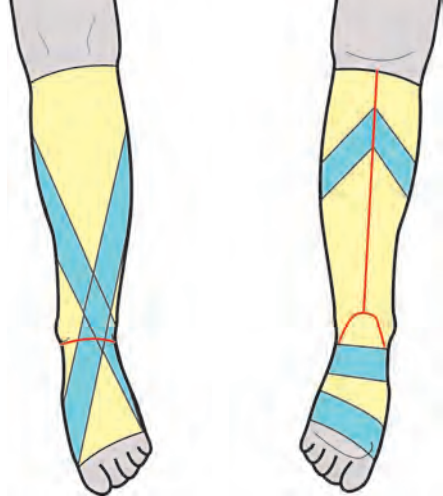
Anterior view

Plantar view

**Lower Leg Cross Panel**

**Code: LL2**

To assist dorsi-flexion



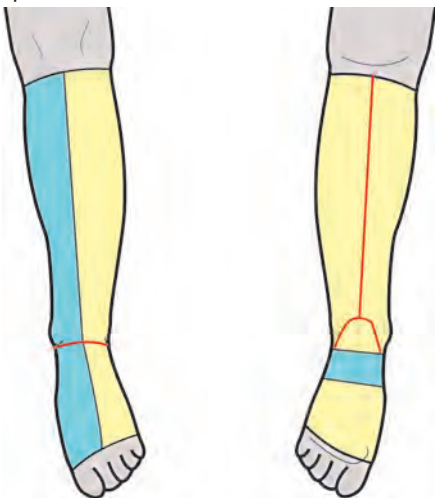
Anterior view

Posterior & Plantar view

**Lower Leg Medial Panel**

**Code: LL3**

To assist dorsi-flexion and resist eversion (pronation)



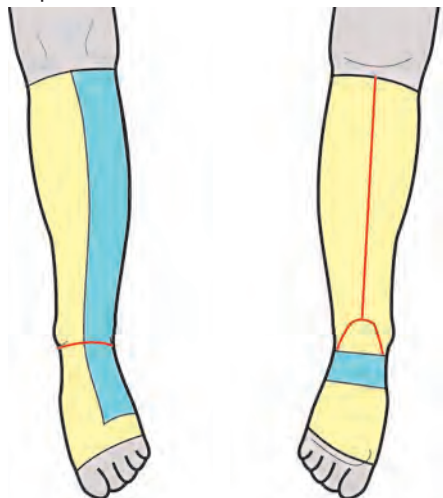
Anterior view

Plantar view

**Lower Leg Lateral Panel**

**Code: LL4**

To assist dorsi-flexion and resist inversion (supination)



Anterior view

Plantar view

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## Zip Options

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All zips below the knee are usually open zips but can be positioned at the front, back, outside or inside of the leg.

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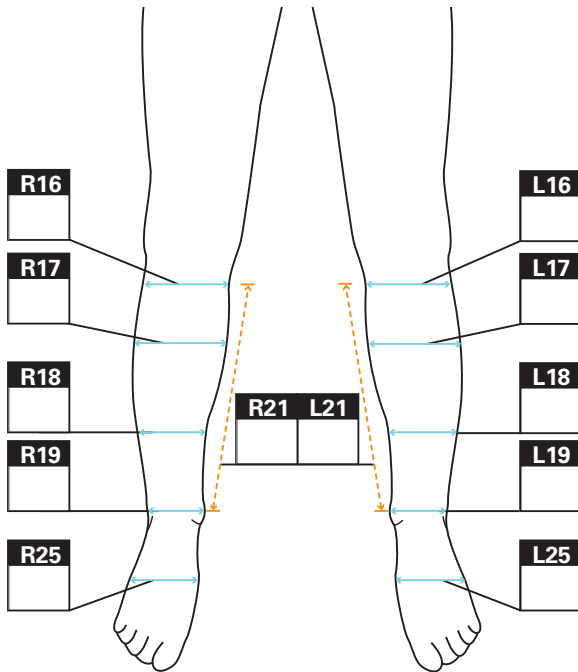
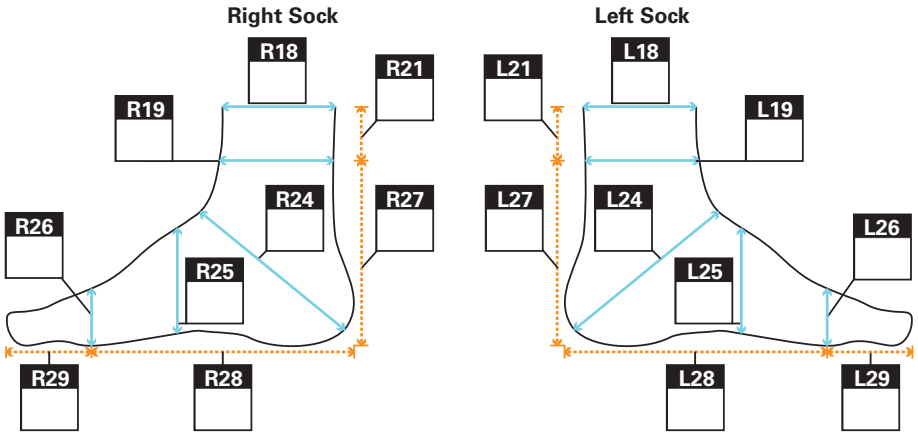
## Information

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### When completing the measurement form:

- Zip placement - when AFO's are worn that the zip placement is at the front of the sock to reduce pressure against the skin. Also consider which hand the patient/client is able to use as this may influence the position of the zip to enhance independence.
- Silicone edging, if required, must be requested. The silicone edging can be placed at the top of the sock or at the distal end of the sock for open toes. The silicone edging adds comfort and reduces 'slipping'.
- Choice of fabric colour, reinforcement colour and thread colour must be identified using the SDO swatch.
- Choice of Motif Transfer, if required, must be identified as must be the choice of placement on the garment.

## Measuring Guide



## Measuring Guide *general guidelines to measuring (all measurements are in cm)*

### Circumferential measurements (Blue)

- The tape should be wrapped around the body part and the measurement taken to skin without tension unless stated.

### Length measurements (Orange)

- Make sure that the tape is lying against the skin but do not pull it.

**The Points for Measurement for socks ( as shown on the measurement form):**

#### Contracture/Ankle seam

Seam angle:

- 45° (standard) - this angle is appropriate where active range is available but weak
- 90° - this angle is appropriate where there is no or very weak dorsiflexion

**R & L16** Around leg at upper margin of tibial tuberosity.

**R & L17** Around bulk of calf 1/2 cm less than 'at rest' circumference.

**R & L18** Around middle of lower leg (at point of musculo-tendinous insertion of gastrocnemius if defined).

**R & L19** Around upper margin of medial malleolus.

**R & L21** From upper margin of medial malleolus to knee joint or required length if below knee.

**R & L24** Around foot and heel distal to the malleoli.

**R & L25** Around instep.

**R & L26** Around metatarsal heads.

**R & L27** From upper margin of medial malleolus to sole of foot.

**R & L28** From metatarsal heads to heel medially.

**R & L29** From metatarsal heads to tip of toes medially.

**Instep** Around instep or waist of the foot (only if stirrup required)