




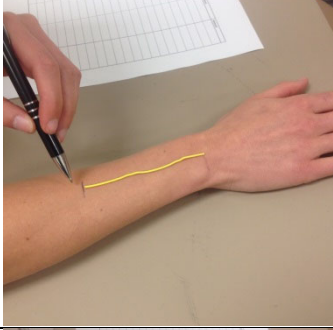

A Guide to Measuring Your Arm

Required Materials:

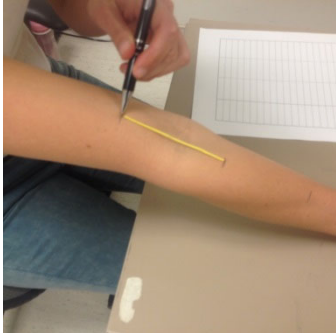

- Tape measure
- Chair and table
- Pen
- 10 cm long measurement stick

Steps:

1. Begin by sitting at a table with your arm in front of you. Rest your arm on the table with your palm facing down.
2. Use a pen to mark the following points on your arm:

| | | |
|--|--|--|
| <p><i>a) Your wrist.</i></p> <p>On the back of your wrist, you will feel a bony landmark on the outer side. Mark a line with the pen below this – closer to your fingers.</p> |  | |
| <p><i>b) 2nd point.</i></p> <p>Place the measurement stick on your arm towards your shoulder at the wrist line. Mark a line with the pen.</p> |  | |
| <p><i>c) 3rd point.</i></p> <p>Place the measurement stick on your arm towards your shoulder at the 10 cm line. Mark a line with the pen.</p> |  | |



| | |
|--|--|
| <p>d) 4th point.</p> <p>Place the measurement stick on your arm towards your shoulder at the 20 cm line. Extend your elbow. Mark a line with the pen.</p> |  |
| <p>e) 5th point.</p> <p>Place the measurement stick on your arm towards your shoulder at the 30 cm line. Mark a line with the pen.</p> |  |

3. Now use the pen to mark the same points on your other arm.
4. Once you have marked these **5 lines on both arms**, you are ready to start measuring.
5. After reading the instructions below, please perform arm circumference measures at the 5 points on **both arms**.



How to Use the Tape Measure

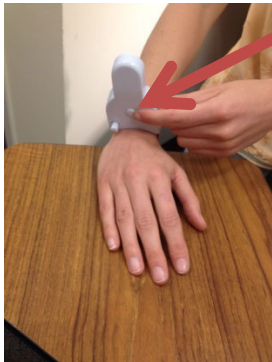
1. Draw the retractable tape out of the case.
2. Fit the plastic peg attached to the end of the tape into the hole on the case.
3. Encircle your arm at the level of measurement below the mark.
4. Press the button on the case to automatically cinch the tape snugly around your arm.
5. Record your measurement reading in cm at the point where the tape comes out of the case slot.



Note: The measurements on the outside of the tape measure do not start at zero. This is because the measurement includes the curved portion of the top of the case that fits against the arm.

For measures of your right arm:

- The button on the case of the tape measure should point towards your fingers.
- The reading is on the inside of your wrist/arm.



For measures of your left arm:

- The button on the case of the tape measure should point towards your shoulder.
- The reading is on the inside of your wrist/arm.



When you are familiar with the tape measure, you can start the measurements.



Instructions for Taking the Measurements

| | |
|-------------------------------------|--|
| Steps | <ol style="list-style-type: none">1. Start with your non-dominant arm.2. Rest your hand on the edge of the table with your palm facing down, and your wrist and arm unsupported by the table. Try to relax in the arm you are measuring.3. Use the tape measure to measure the distance around your wrist just <u>below</u> the mark. Please double check your measurement prior to recording it. Record your measurement that aligns with the red mark on the tape measure on the form provided, being careful to write it in the correct position corresponding to the non-dominant arm.4. Continue measuring the circumference at 2nd, 3rd, 4th, and 5th mark.5. Repeat steps 2-4 to measure your dominant arm. |
| Important points to remember | <ul style="list-style-type: none">• All measurements are in <u>cm and mm</u>.• When recording your measurements on the form provided, please double check that the measurements for your right arm are recorded on the space for the right arm on the form and similarly for the left arm. |



Take the Self-Assessment Quiz before you get started:

- | | | |
|---|------------|----|
| 1. Have you read all the material? | Yes | No |
| 2. Have you practiced using the tape, specifically how to hold the tape so that the readings in cm are on the inside of your arm? | Yes | No |
| 3. Have you identified the bony landmark on the outside of your wrist? | Yes | No |
| 4. Have you noticed that when measuring your right arm, the button on the case of the tape measure should point towards your fingers | Yes | No |
| 5. Have you watched the measurement video guide? | Yes | No |
| 6. Have you noticed that when measuring your left arm, the button on the case of the tape measure should point towards your shoulder? | Yes | No |

If you have circled the **bold** answers to all of the questions above, then you are ready to get started with doing the measurements. If not, please review the materials and try the quiz again.



Measurement Recording Sheet

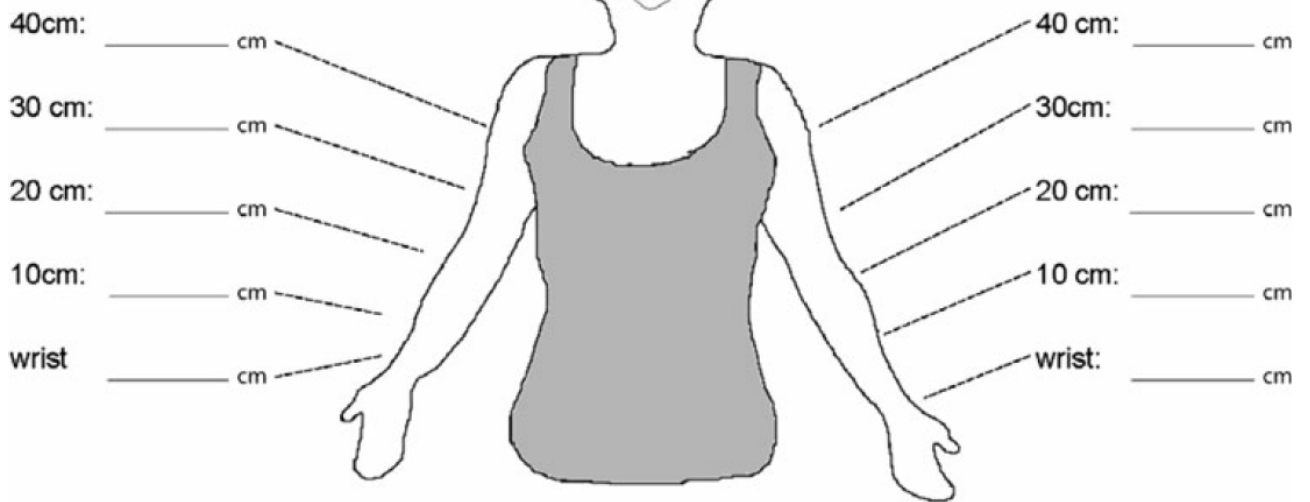
Date _____

Right Arm

Dominant Arm

Left Arm

Dominant Arm



Were the self-measures difficult to perform? (Please choose a number)

1 2 3 4 5 6 7 8 9 10

Very difficult Very easy