

MEASUREMENTS

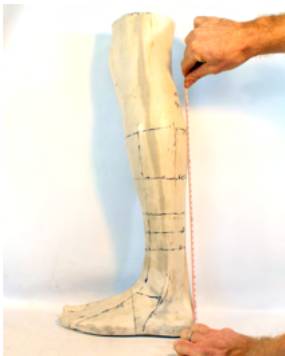


1. AROUND BELOW KNEE

Measure around the circumference at the crook of the knee.

The easiest way to establish this is to have the person seated with knees bent at 90 degrees.

The measurement is taken at the highest point the tape measure will wrap around.



2. BELOW KNEE HEIGHT

Measure up the centre back of the leg, from the floor to the point where the previous measurement was taken.

Keep the tape measure straight - do not follow the contour of the back of their leg.

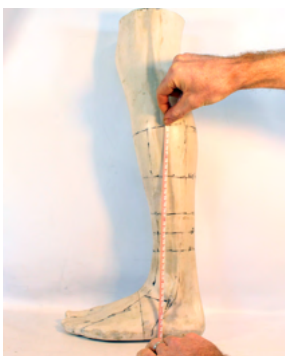


3. AROUND CALF

Measure the circumference around the widest point of the calf.

Look at the leg from the side and front to establish the widest point.

Keep the tape measure parallel to the ground.



4. CALF HEIGHT

On the outside of the leg, measure the height of the circumference measured in the previous measurement.



5. AROUND AT 25CM UP

On the outside of the leg, measure 25cm (10 inches) up from the floor.

Measure the circumference of the leg at 25cm up from the floor.



6. AROUND AT 18CM UP

On the outside of the leg, measure 18cm up from the floor.

Measure the circumference of the leg at 18cm up from the floor.



7. AROUND ABOVE ANKLE

Measure the circumference of the thinnest part of the leg, above the ankle bone.



8. ABOVE ANKLE BONE HEIGHT

Measure the height of the previous measurement taken, from the floor on the outside of the leg.

9. AROUND OVER ANKLE BONE

Measure the circumference around the ankle, measuring over the anklebone on the inside and outside of the leg.

(The tape measure will not be completely parallel to the floor).



10. ANKLEBONE HEIGHT

On the outside of the leg, measure the height from the floor to the centre of the anklebone.



11. AROUND HEEL

Measure around the heel and instep, from where the heel meets the ground.



12. AROUND INSTEP

Measure from under the arch (right in front of where the heel comes in contact with the floor) around the instep bone.





13. AROUND BRIDGE

Measure around the foot, from under the arch, around the top of the instep.



14. AROUND THE JOINT

Measure around the widest point for the joint - from around the big toe knuckle to around the small toe knuckle.

This measurement should follow the bone structure and will be on an angle.



TRACING THE FOOT



On a blank sheet of paper, tracing around the circumference of the foot.

DO NOT start at the heel - start at either the inside or outside of the foot.



Take your time. You should be able to trace the foot in one continuous line.

Ensure the pencil is staying perpendicular to the floor.



Trace around the toes and around the entire foot.



The pencil should stay at 90 degrees to the floor at all times.



Once the circumference of the foot is traced, hold the pencil at 45 degrees and trace the arch of the foot.

This may be ticklish, so do it quickly!



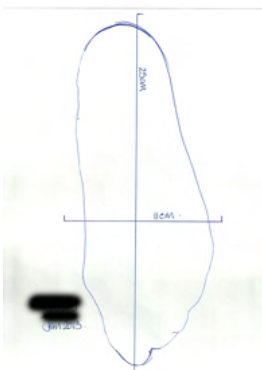
Then, mark the point where the AROUND JOINT measurement was taken on the outside of the foot....



...and on the inside of the foot.



A finished tracing, with the arch traced out and the joint marked on. Well done, you did it!



If emailing the tracing, add a measurement scale to the drawing, like this sample tracing, and then scan to pdf.