



# Global Measuring Standard

Guideline for measuring JOBST®  
made-to-measure flat-knit garments



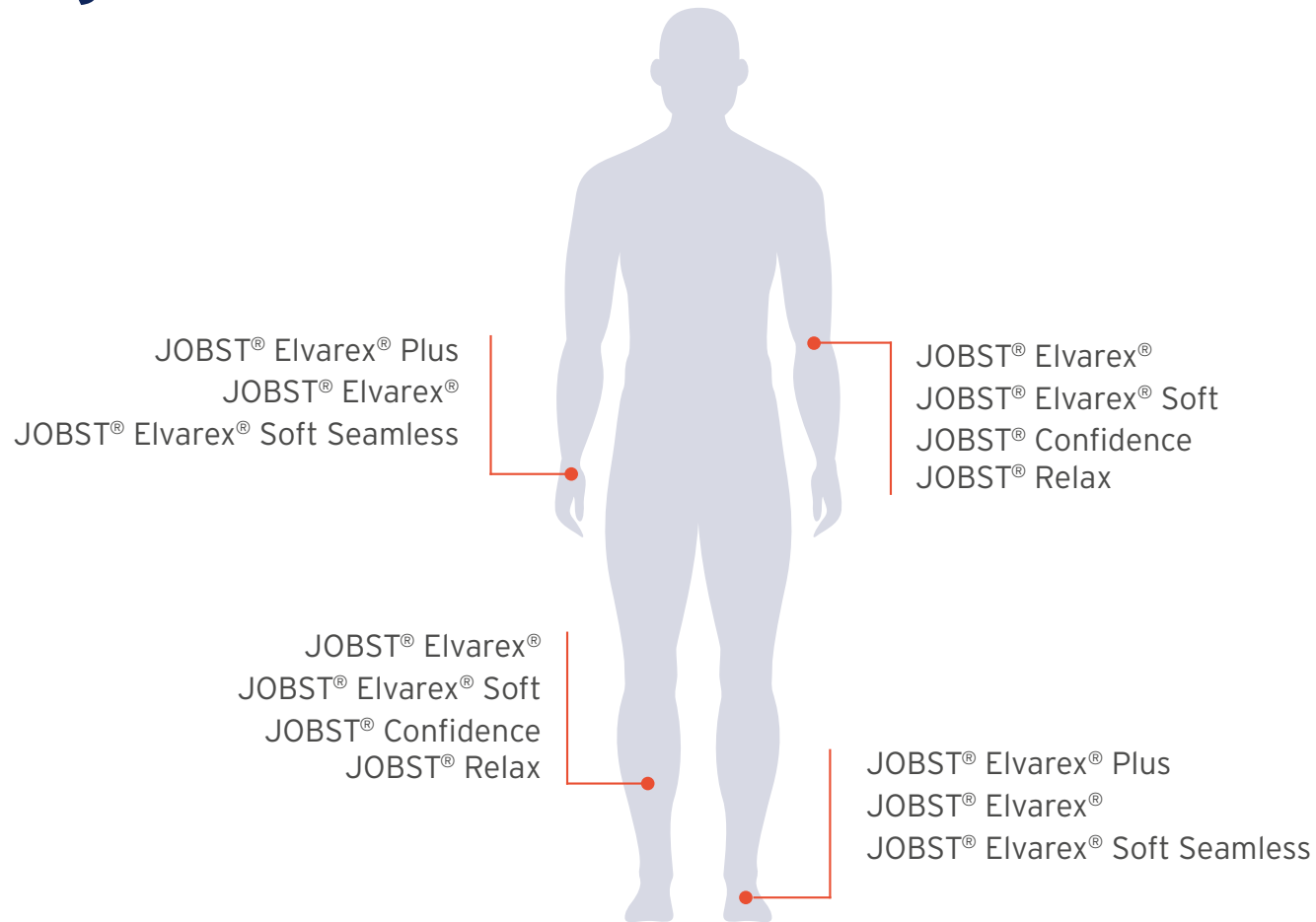
## Compression to uplift your patients' life

At JOBST, we are passionate about providing compression therapy solutions that **empower** patients to **confidently** live the life they want, **without compromise** - despite their lymphatic or venous condition, or lipedema.

Everyone has different needs, so we design our products to support those differences. Our knowledge, insights and years of experience mean that we keep providing innovative products and services that suit your patients' lifestyle, giving them the comfort, support and peace of mind that they truly deserve while wearing compression.

Discover the world of JOBST and how we can not only help your patients to achieve their health goals, but more importantly, enable them to "**experience more of life's special moments**".

# Overview of JOBST made-to-measure flat-knit garments



# Table of contents

## Introduction

- 2** Compression to uplift your patients' life
- 3** Overview of JOBST made-to-measure flat-knit garments
- 4** Table of contents
- 5** Purpose of this document
- 6** When using this document, please keep in mind
- 7** How to use this document
- 8** JOBST Measuring Standard
- 10** Before you get started
- 13** JOBST eShop

## Tension Matrix

- 15** Explanation of the Tension Matrix
- 16** JOBST flat-knit | Lower extremities  
Overview of tension per measuring point
- 17** JOBST flat-knit | Upper extremities  
Overview of tension per measuring point

## JOBST flat-knit garments

- 14** How to choose between JOBST Elvarex and JOBST Confidence - Decision tree
- 18** JOBST Elvarex | Lower extremities - At a glance
- 19** JOBST Elvarex Soft | Lower extremities - At a glance

- 20** JOBST Confidence | Lower extremities - At a glance
- 51** JOBST Elvarex | Upper extremities - At a glance
- 21** JOBST Relax | Lower extremities - At a glance
- 52** JOBST Elvarex Soft | Upper extremities - At a glance
- 53** JOBST Confidence | Upper extremities - At a glance
- 54** JOBST Relax | Upper extremities - At a glance

## Measuring instructions

- 22** Measuring for JOBST | Lower extremities
- 55** Measuring for JOBST | Upper extremities
- 48** JOBST Elvarex/soft/Confidence | Lower extremities -  
Overlapping garment instructions

## Supporting video material

- 49** JOBST Elvarex | Lower extremities -  
Donning & Doffing videos
- 50** JOBST Confidence | Lower extremities -  
Donning & Doffing videos
- 80** JOBST Confidence | Upper extremities -  
Donning & Doffing videos
- 81** JOBST Elvarex Plus and JOBST Elvarex Soft Seamless
- 82** Wash and care information
- 84** Tips for better measurement - JOBST Confidence
- 86** Contact details

# Introduction (1/3)

## Purpose of this document



Measuring a flat-knit garment can be quite challenging, as there are many aspects that need to be considered during the process.



Being your trusted partner in compression therapy, we would like to ease the process of measuring and give as much support as possible.



The goal is to come close to a standardized measuring for JOBST flat-knit garments, in order to create compression hosiery that will have the best possible fit straight from the beginning.

# Introduction (2/3)

When using this document, please keep in mind:



This booklet is a guide to measuring for JOBST made-to-measure flat-knit compression garments and must be used as a guide only.

Please use alongside the JOBST order forms or the JOBST e-shop.



**Note:** this Measuring Standard does not replace any formal training on treatment of lymphatic and venous diseases or lipedema.

# Introduction (3/3)

## How to use this document



Our JOBST Measuring Standards have been developed as an interactive PDF, which you can use on any digital device.



Using this document in full-screen mode enables you to interactively click through the slides, following the links while clicking on the respective buttons.



Clicking on the footer, you will always be able to go back to the table of contents or the tension matrix.



You also have the possibility to print the JOBST Measuring Standard completely or partly.

# JOBST Measuring Standard

## General information (1/2)



The limb should be decongested before measuring for a compression garment and edema reduced through multi-layer lymphedema bandaging or JOBST® FarrowWrap® compression system.



The best time to measure a patient for a compression garment is in the morning, or after a therapy session.



# JOBST Measuring Standard

## General information (2/2)



Measure hands, feet, fingers and toes accurately to the nearest millimeter.



Photo documentation is helpful in difficult cases.



Documentation of body measurements (no tension) and order measurements are important in order to track changes of the edema.



Do not measure into skin folds but place the measuring tape over the top of the skin fold.

# Before you get started

This is what you need (1/3)

## **JOBST measuring tapes**

Measuring tapes of different widths are recommended for taking measurements, depending on which areas of the extremities are being measured:

- A 0.5 cm wide measuring tape or appropriate finger / toe tape is used to ensure measurements to the nearest millimeter in the hand and foot areas.
- A regular JOBST measuring tape to measure the remaining circumference and length measurements (feet, legs, possibly abdomen, hand and arm).

## **JOBST skin pencil**

A skin pencil is recommended for marking the measurement points.

Our JOBST skin pencils are particularly skin-compatible and are easy to remove from the skin due to their fat solubility.

# Before you get started

This is what you need (2/3)

## **JOBST measuring card**

The measuring card is a measurement aid developed exclusively for arm sleeves, gloves and toe caps. The card allows finger and toe lengths to be determined very easily and precisely. Moreover, the measurement aid is used for positioning measurement point G on the arm.

## **JOBST measuring board**

A measuring board is recommended for accurately measuring the lower extremities. It is particularly convenient to take combined length and circumference measurements without marking the patient's skin.

## **JOBST order form or JOBST eShop**

In order to note down the measurements and place the order, please have either an order form or the JOBST eShop prepared.

# Before you get started

This is what you need (3/3)

## **JOBST Foam Pad**

The foam pad is a measuring aid developed for measuring length K.

The pad allows accurate measurement to be taken for point K. It is placed in between the groin area.

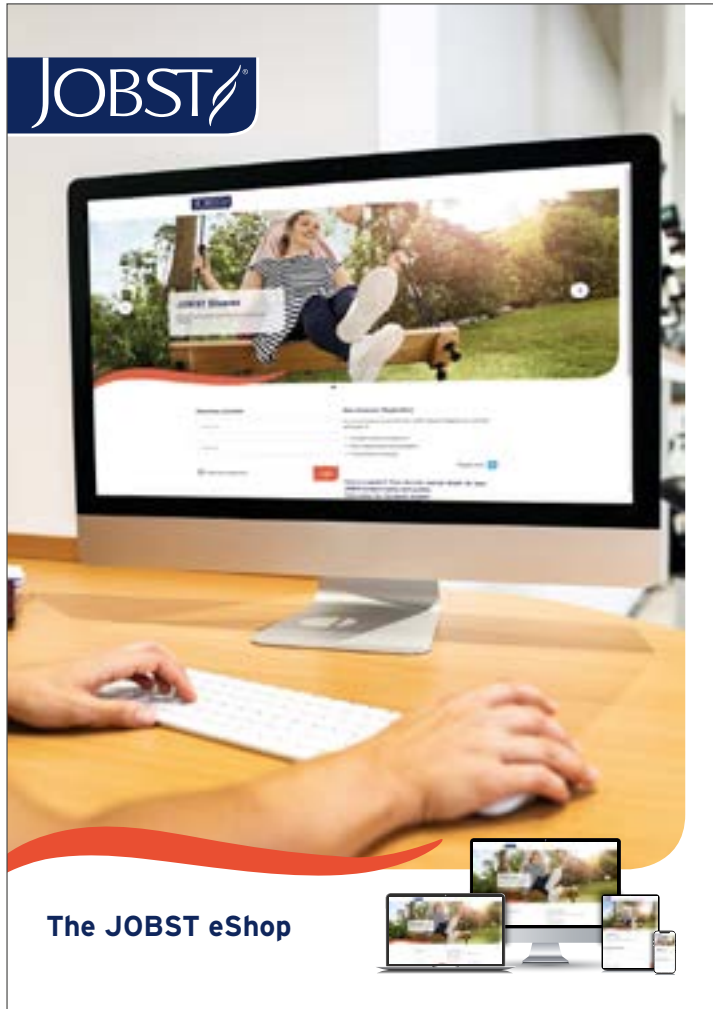
## **JOBST Elastic Belt**

The elastic belt helps the patient find the best position for themselves and delivers a secured position for the measurement. It aids in the measurement of circumference and length at point H and T, especially for JOBST Confidence panty (AT) garment.



## **JOBST Tape Clipper**

The tape clipper is used on a measuring tape. This is needed for taking rise measurement for JOBST Confidence panty (AT) garment.

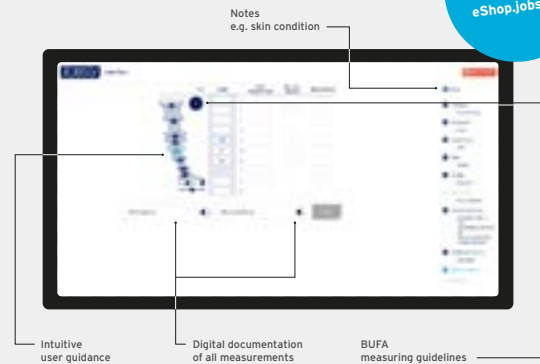
# JOBST eShop



**Are you looking to make your work routine easier and digitize your processes?**  
JOBST eShop is here to help!

-  Intelligent patient management
-  Easy measurement documentation

Discover JOBST eShop now!  
[eShop.jobst.us](http://eShop.jobst.us)



-  Time efficient re-ordering

 **essity** JOBST®  
an Essity brand

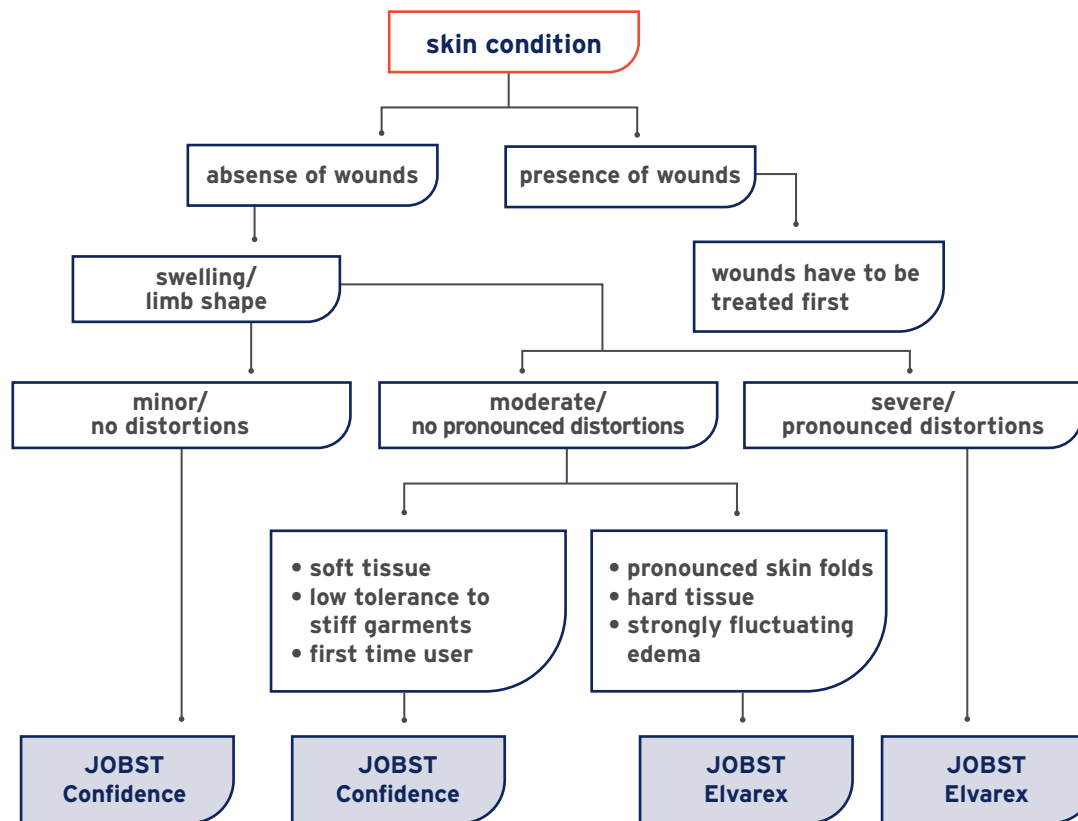
[www.eshop.jobst.us](http://www.eshop.jobst.us) 02/2020

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# How to choose between JOBST Elvarex and JOBST Confidence in patients with lymphedema\*

Decision tree



\* Developed by Essity based on technical features of the products; individual patient needs and conditions must be taken into consideration





# Tension Matrix

In order to measure for an optimal fit of our flat-knit garments, circumferential measurements should be carried out under different levels of tension.

As shown here, the tension can range from 0 (lay on measurement) to +++ (maximum tension).

Measuring for JOBST flat-knit garments involves tensions 0 to ++ pull.

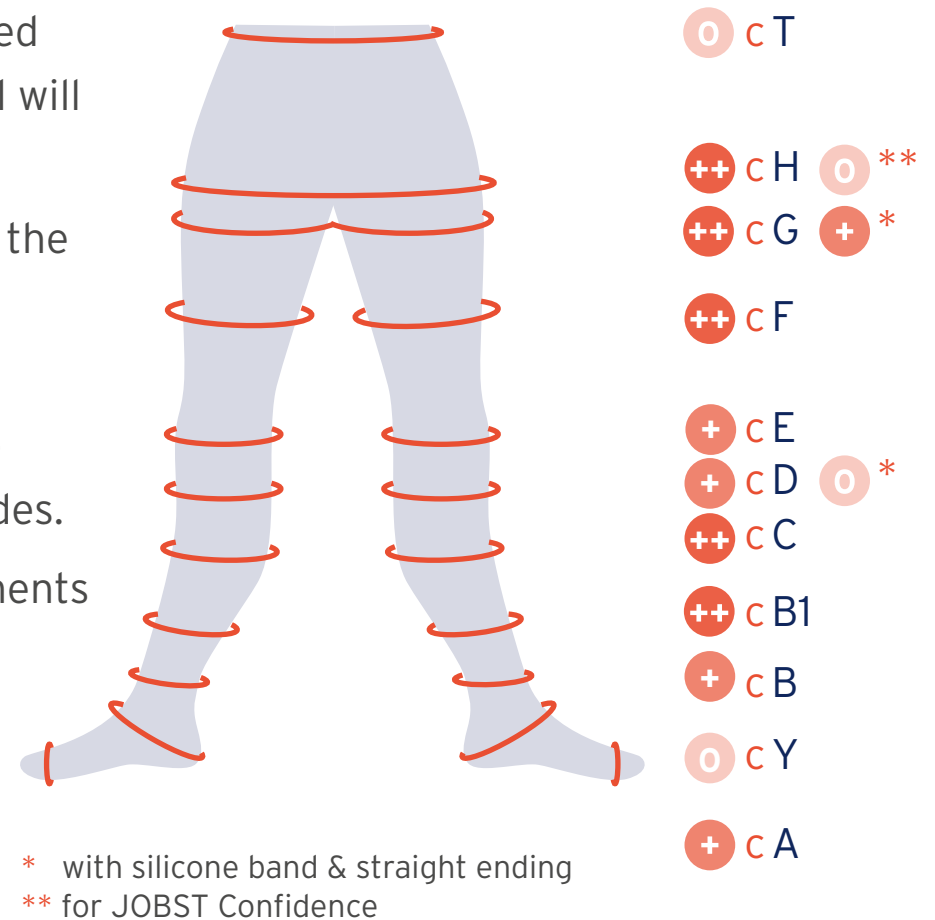
The maximum tension of +++ is shown here to give you an indication and is actually not used while measuring patients.

-  **Lay on Measurement**
-  **Pull until first resistance**
-  **Pull until second resistance**
-  **Maximum tension**

# JOBST flat-knit | Lower extremities

## Overview of tension per measuring point

- For each of the **circumferential measurements** required for a **JOBST flat-knit garment**, a specific tension level will be used.
- The graphic shows you the overall picture and includes the tension matrix icons next to the measuring point.
- Additionally, you will find the **amount of tension** to be used for every **circumferential measuring point** in the step-by-step measuring instruction on the following slides.
- This tension matrix is valid for all JOBST flat-knit garments and shall be applied for lymphedema and lipedema patients.
- Please note that the **pain tolerance** of the patient must be taken into account.

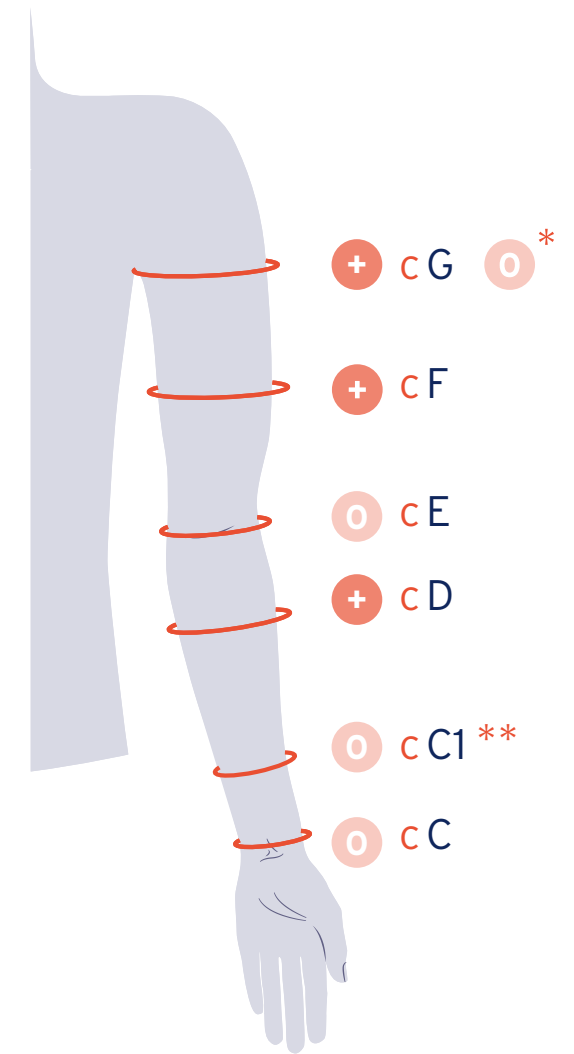




# JOBST flat-knit | Upper extremities

## Overview of tension per measuring point

- For each of the **circumferential measurements** required for a **JOBST flat-knit garment**, a specific tension level will be used.
- The graphic shows you the overall picture and includes the tension matrix icons next to the measuring point.
- Additionally, you will find the **amount of tension** to be used for every **circumferential measuring point** in the step-by-step measuring instructions on the following slides.
- This tension matrix is valid for **all JOBST flat-knit garments** and shall be applied for lymphedema and lipedema patients.
- Please note that the **pain tolerance** of the patient must be taken into account.



\* with silicone band & straight ending  
\*\* for JOBST Confidence

# JOBST Elvarex | Lower extremities

At a glance

## Popular styles



AD  
Knee High



AG  
Thigh High



AT  
Panty



B1T/BT  
Leggings/Capri



CT  
Capri



ET  
Bermuda



FT  
Biker Shorts



AA  
Foot Cap

## Compression classes



CCL 1



CCL 2



CCL 3 > 3 Forte



CCL 4 > 4 Super

## Popular options



Functional Zone  
T-Heel



Slant Foot



Functional Zone  
Knee



Slip Form

# JOBST Elvarex Soft | Lower extremities

At a glance

## Popular styles



AD  
Knee High



AG  
Thigh High



AT  
Panty



B1T/BT  
Leggings



CT  
Capri



ET  
Bermuda

## Compression classes



CCL 1



CCL 2

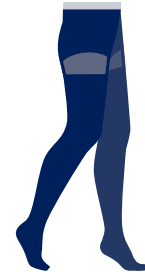


CCL 3

## Popular options



Slant Foot



Slip Form

# JOBST Confidence | Lower extremities

At a glance

## Popular styles



AD  
Knee High



AG  
Thigh High



AT  
Panty



B1T/BT  
Leggings



CT  
Capri



ET  
Bermuda

## Compression classes



CCL 1



CCL 2



CCL 3

## Popular options



Functional Zone  
Ankle



Slant Foot



Functional Zone  
Knee

# JOBST Relax | Lower extremities

At a glance

## Popular styles



AD  
Knee High



AG  
Thigh High

## Compression classes

CCL 1

CCL 2

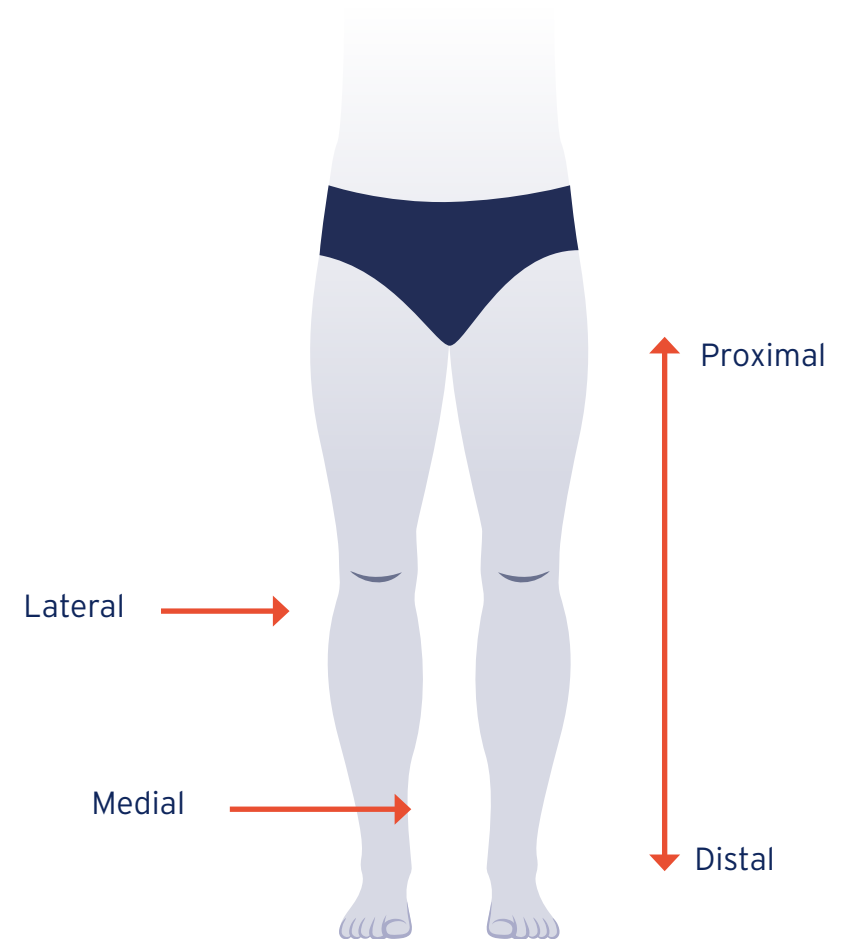
This garment has been developed to be soft and comfortable to the skin while sleeping or relaxing, forgoing the usage of a top band. It is not constructed for a lot of movement, especially strong bending of the knees. As a consequence the garment might move from its original position. If needed, adjust before and after sleeping. Furthermore, some patients might experience a slight volume reduction during the night and find the garment loose in the morning.

# Measuring for JOBST | Lower extremities

## General 1/2

### Please keep in mind:

- Medial measurements are taken on the inside of the limb; lateral measurements on the outside.
- Proximal refers to points closer to the head; distal closer to the feet.



# Measuring for JOBST | Lower extremities

## General 2/2

### **When the patient is in a supine position:**

- Position patient carefully on the measuring board.
- The foot must be flat on the board.
- The heel must be as close to the board as possible.
- If you have a measuring board or use JOBST Xpert Voice, it is faster to measure pairwise (length and circumference at the same time).
- If a measuring board is not available, make sure that the position of the foot is flexed and that the measuring tape is kept in a straight line from heel to pubic bone.

# Measuring for JOBST | Lower extremities

## Measuring the foot

- First, measure the foot lengths with the patient standing. Mark all length measuring points on the foot.
- The toe can be open or closed.



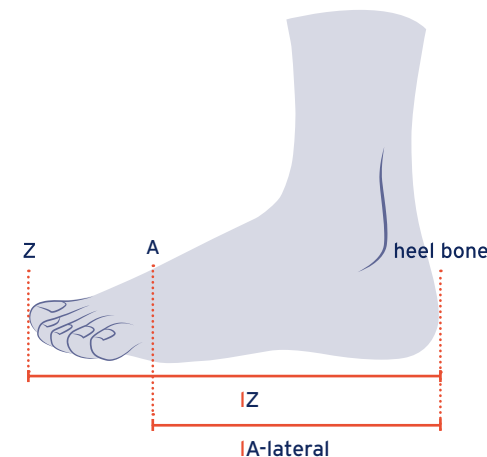
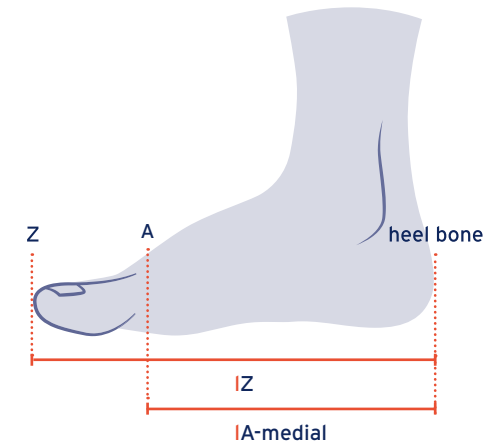
- Please note that a slant foot offers the best anatomical fit.
- Please keep in mind that you can also measure for a slant foot with closed toe.



# Measuring for JOBST | Lower extremities

## Lengths of foot (A, Z)

- **Open toe straight foot:** First measure the medial length from the back of the heel, to just under the base of the big toe. Continue with the lateral length from the back of the heel to just under the base of the small toe. Take the measurement in between to define length A.
- **Open toe slant foot:** First measure the medial length from the back of the heel, to just under the base of the big toe. Continue with the lateral length from the back of the heel to just under the base of the small toe. Note both measurements down.
- **Closed toe:** Also measure the total foot length from the back of the heel to the end of the longest digit on the medial side.
- Please note that for JOBST Relax, only medial length A is taken (IA-medial).



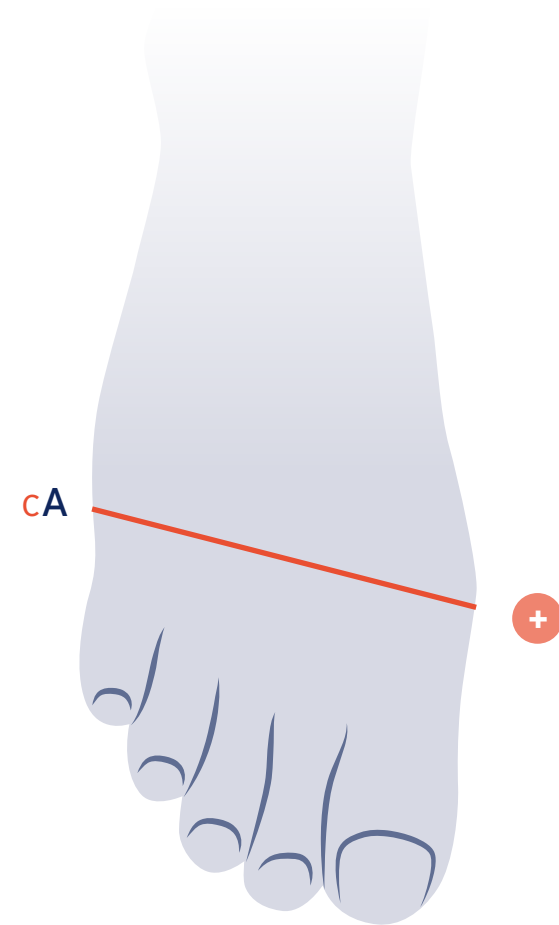
# Measuring for JOBST | Lower extremities

## A Circumference

- This measurement is taken with the patient standing.
- Measure circumference A at the base of the toes at the widest part of the foot.



- If measuring is done in lying position, please apply 0 tension.



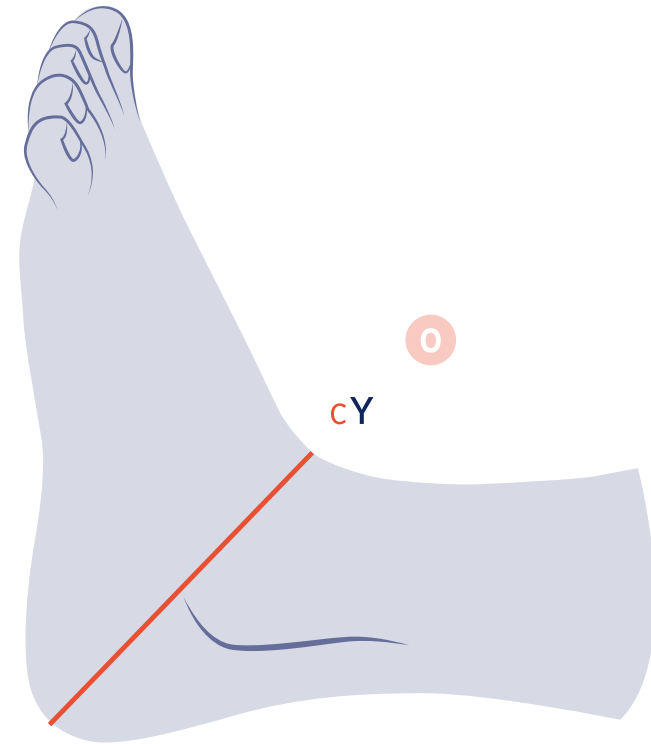
# Measuring for JOBST | Lower extremities

## Y Circumference

- Position the patient in a supine position.
- Y circumference is taken around the heel to the front crease, at maximal dorsal flexion.



- If there are deep skin folds or irregular contours, measure cY more towards proximal.



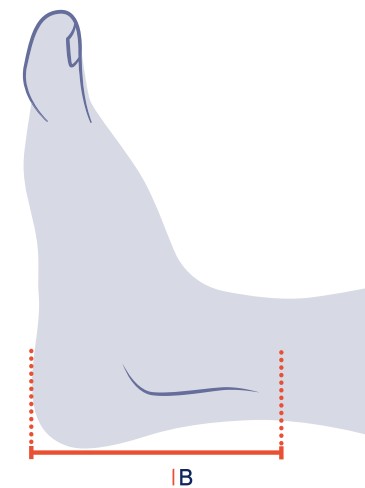
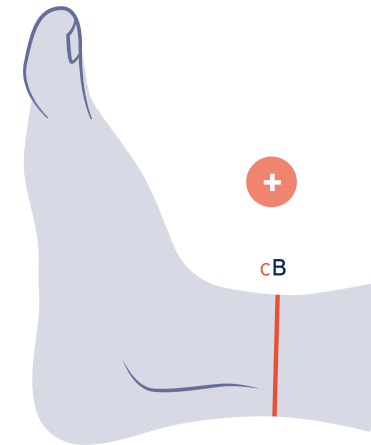
# Measuring for JOBST | Lower extremities

## B Circumference and Length

- Circumference B is measured just above the malleoli, at the narrowest part of the ankle.
- Length B is measured where the B circumference is taken.
- For JOBST Relax, if cB is below 20 cm, cB should be measured with 0 tension.



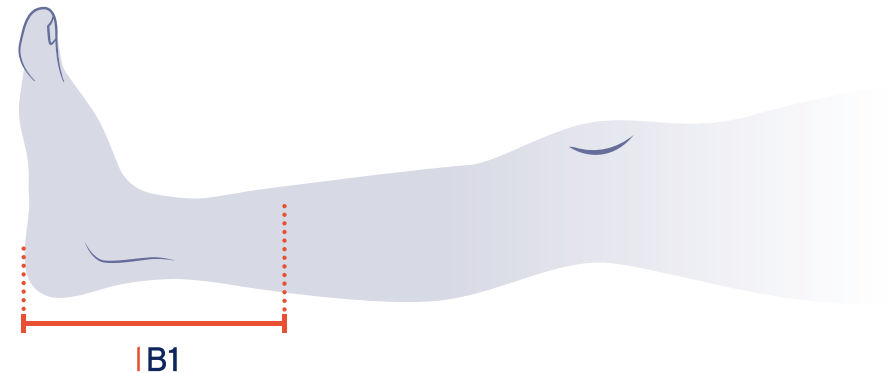
- If the limb definition is unclear, we recommend taking the measurement 10 cm from the heel.



# Measuring for JOBST | Lower extremities

## B1 Circumference and Length

- Circumference B1 is measured at the insertion of the Achilles tendon into the calf muscle.
- Length B1 is measured where the B1 circumference is taken.



- If you cannot feel the Achilles tendon, measure B1 at the midway point of length D.

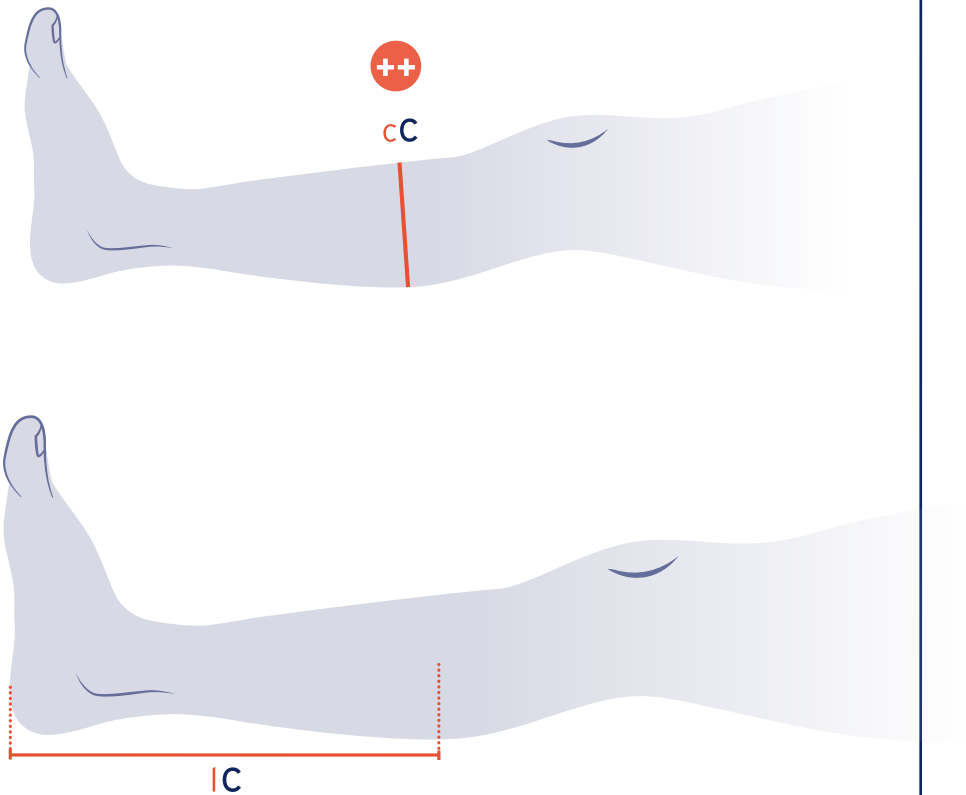
# Measuring for JOBST | Lower extremities

## C Circumference and Length

- This is an anchor-point for an AD garment (knee-high).
- Circumference C is measured at the greatest calf circumference.
- Length C is measured where C circumference is taken.
- For CT (Capri Style) - if one may wish, the end point of the garment may be measured a little lower than the actual point C. But, the circumference has to be measured at exact point C.



- When calf circumference is unclear, C is located in-between B1 and D.



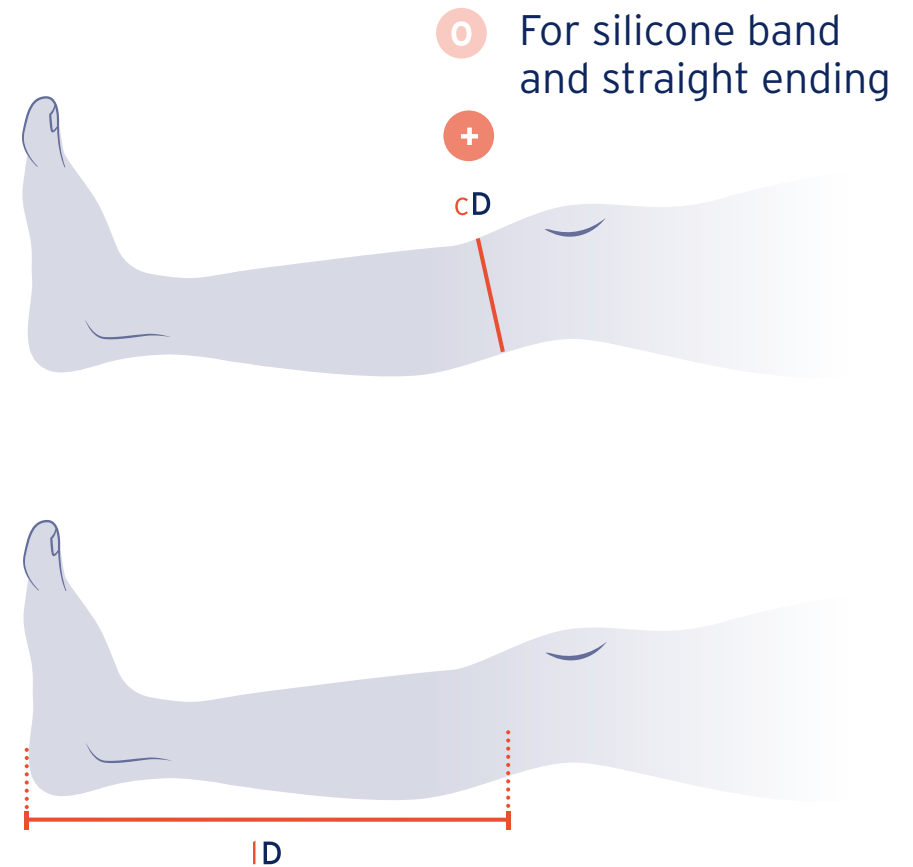
# Measuring for JOBST | Lower extremities

## D Circumference and Length

- Circumference D is measured two fingers below patella at pre-patellar bursa.
- Length D is measured where circumference D is taken.



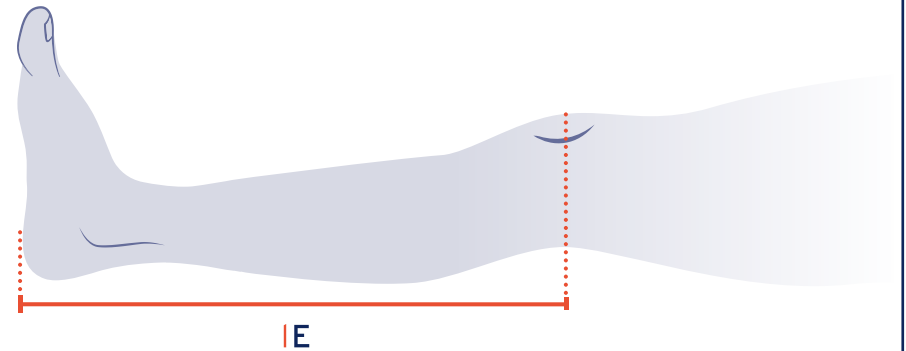
- If the patella is hard to feel, measure two fingers below the knee crease on the medial side (length).



# Measuring for JOBST | Lower extremities

## E Length

- E length is measured across the middle of the patella.
- The leg must be extended and flat against the measuring board, with the foot in the correct flexed position (90 degree towards the board) and the heel as close to the board as possible.

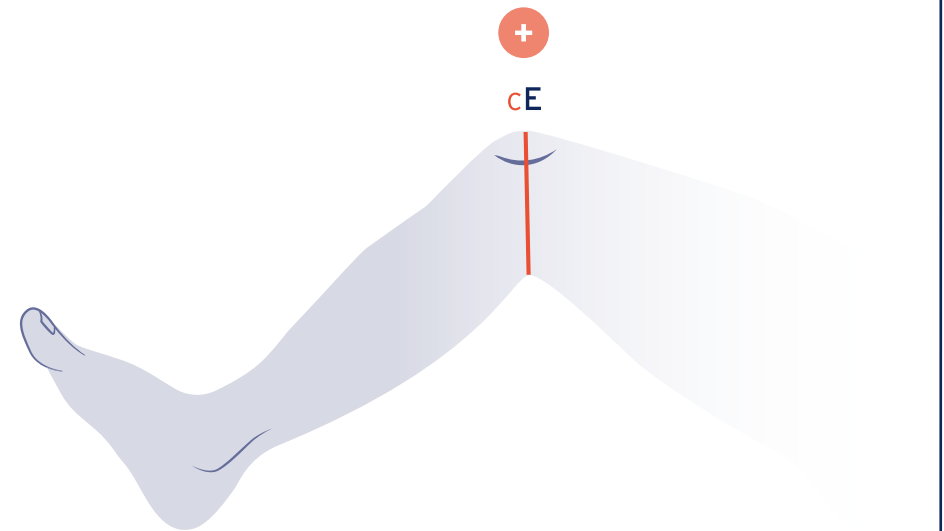




# Measuring for JOBST | Lower extremities

## E Circumference

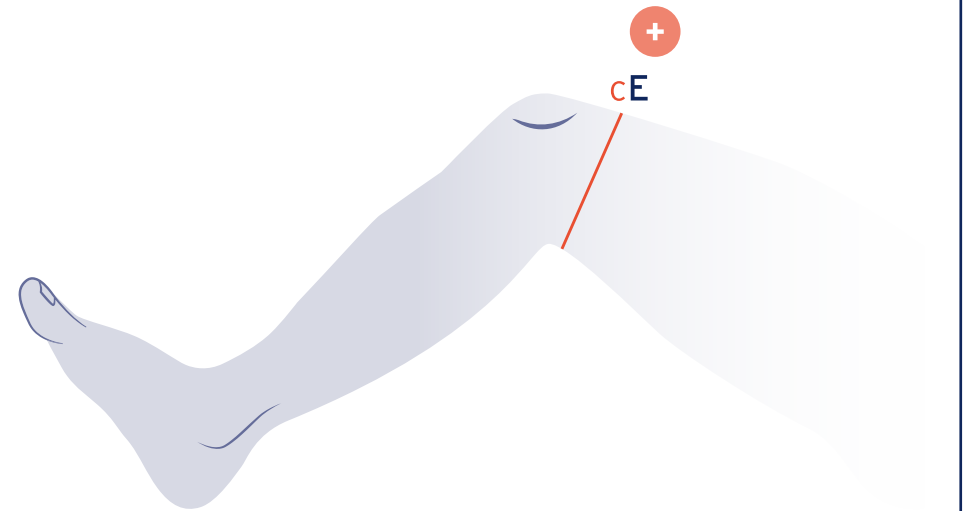
- Circumference E is measured over the middle of the patella.
- The leg must be flexed (30-45 degrees).
- This allows comfort and range of movement while wearing the garment.



# Measuring for JOBST | Lower extremities

## E Circumference

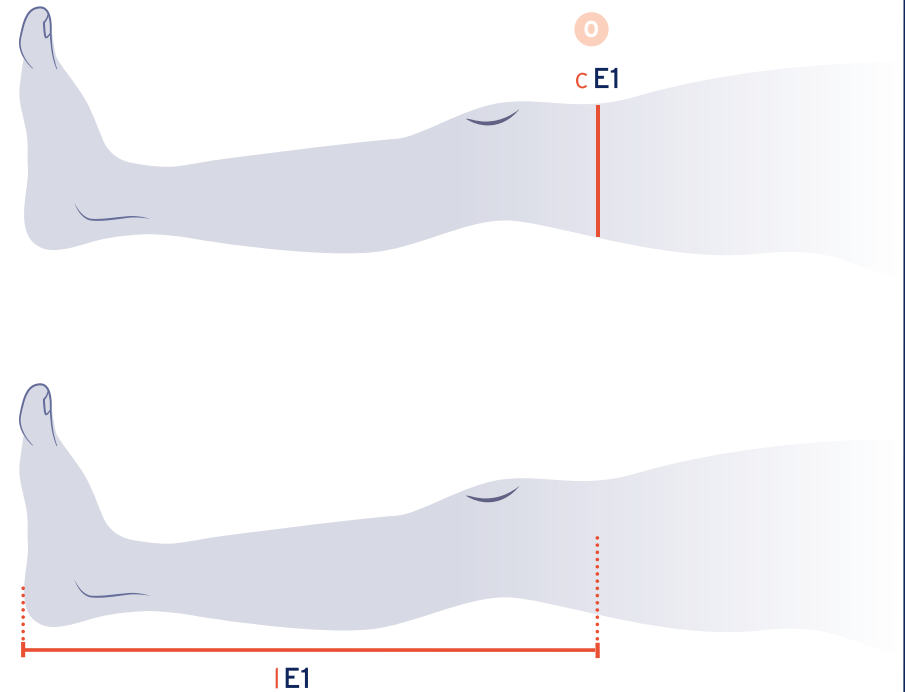
- Circumference E can be measured differently for severe cases and shall then be measured approx. 4 cm above the patella.



# Measuring for JOBST | Lower extremities

## E1 Circumference and E1 length for Bermuda

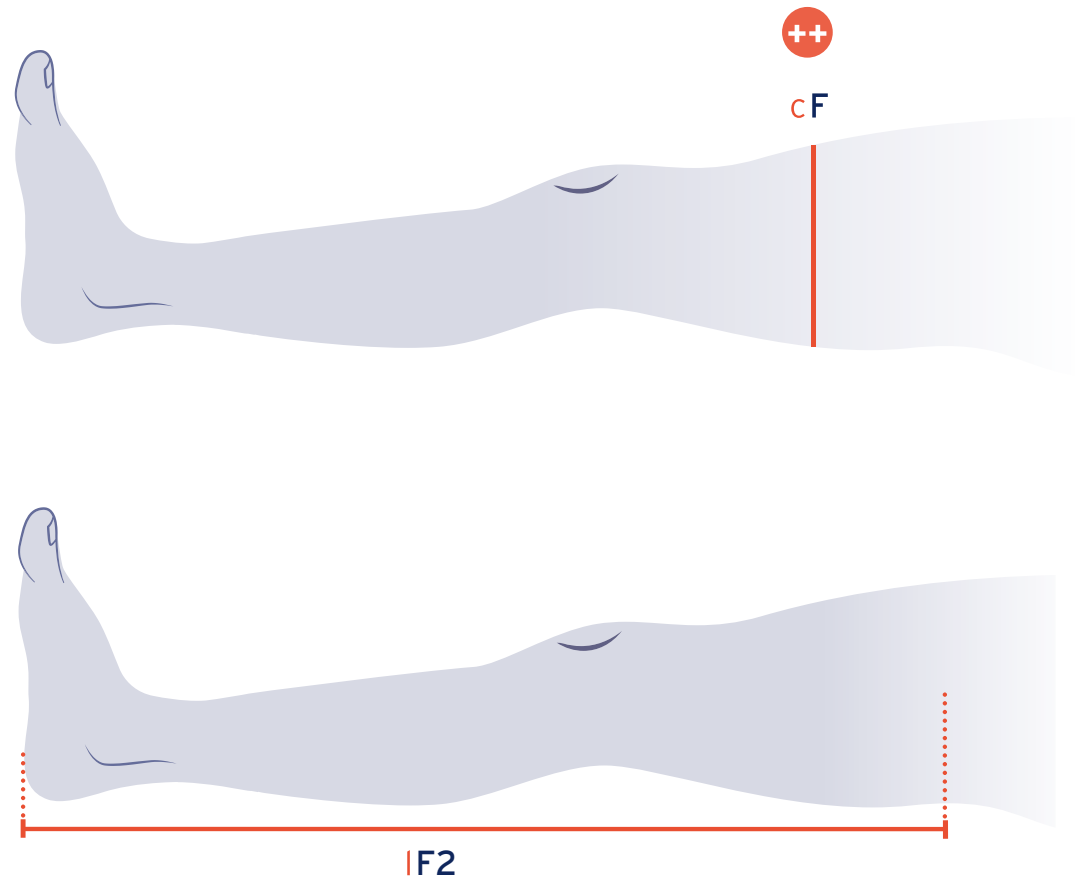
- Point E1 is required for Bermuda style.
- Circumference E1 measured at approx 5 cm above point E.
- Length E1 is measured where circumference E1 is taken.



# Measuring for JOBST | Lower extremities

## F Circumference and Length

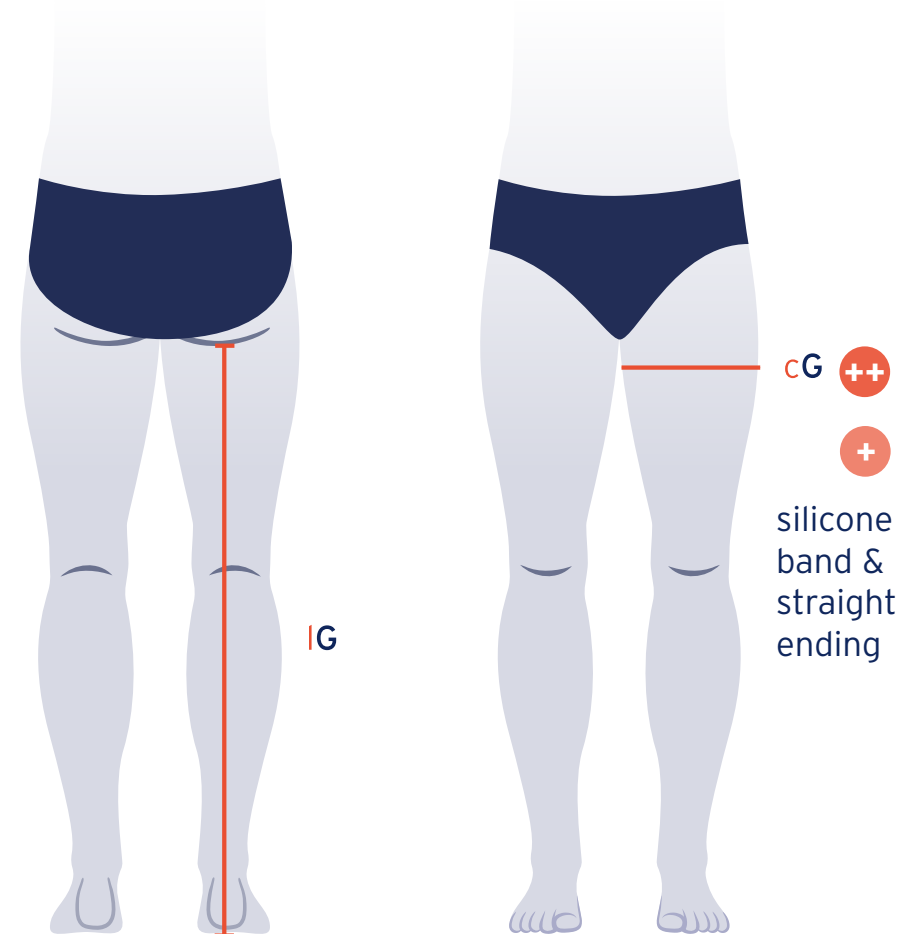
- Circumference F is located mid-thigh.
- This is the anchor point which holds the garment in place for AG (thigh-high) and AT (tights).
- Length F is measured where circumference F is taken.
- For AG-HT one legged panty, point F of the shorter leg (non compression leg) should be measured with 0 tension. Also, length F of non-compression leg can differ from length F of compression leg.
- For JOBST Relax, if needed, slightly more tension can be used.



# Measuring for JOBST | Lower extremities

## G Circumference and Length

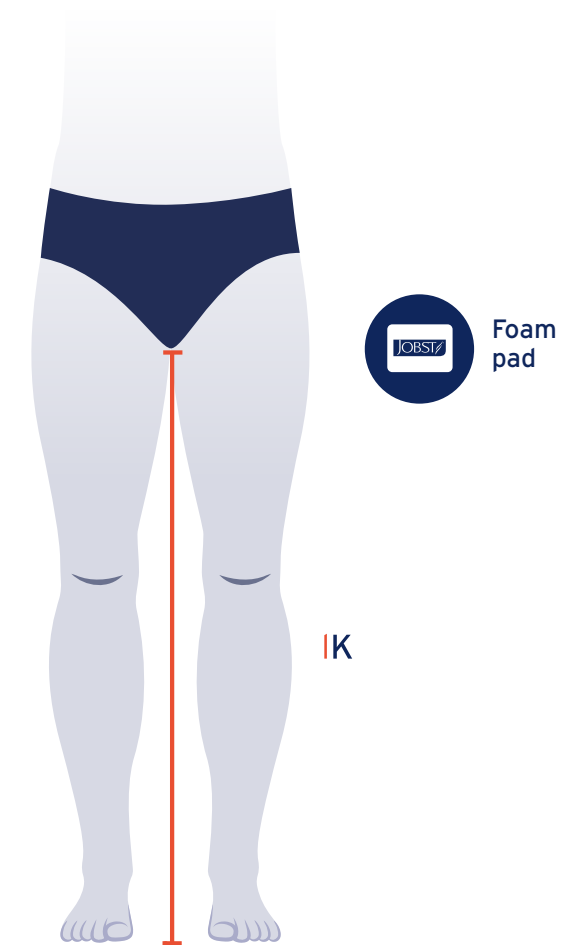
- Measure point G with the patient standing.
- Circumference G is measured at the widest part of the thigh.
- Length G is measured up to the gluteal fold.
- These measurements may not be taken at the same point.
- For AG-HT one legged panty, point G of the shorter leg (non compression leg) should be measured with 0 tension.
- For JOBST Relax, if needed, slightly more tension can be used.



# Measuring for JOBST | Lower extremities

## K Length

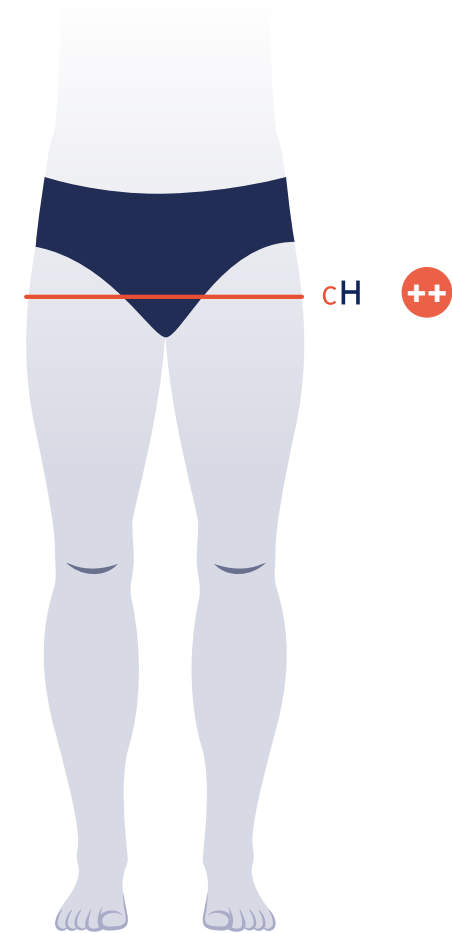
- Measure point K with the patient standing.
- Place the JOBST foam pad in between the groin area.
- Now measure the length K from floor to the upper edge of the foam pad in a straight line.
- This measurement is essential for JOBST Confidence AG garments and all AT flat-knit garments.
- Length K is not necessary for JOBST Elvarex and JOBST Elvarex Soft AG garment, unless you want to order a top comfort zone for JOBST Elvarex.



# Measuring for JOBST | Lower extremities

## H Circumference for JOBST Elvarex and Elvarex Soft

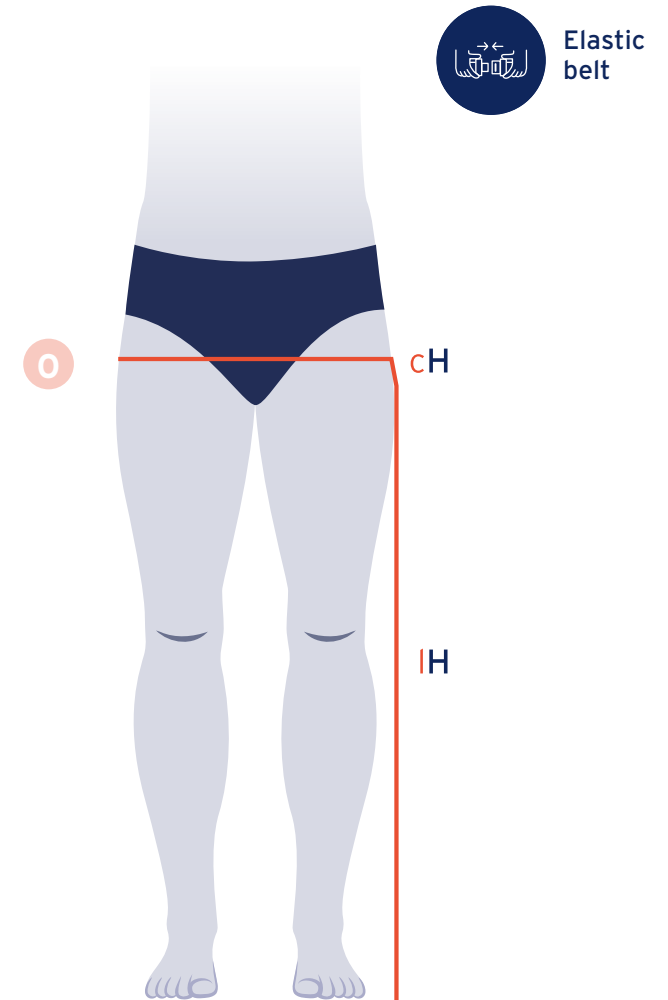
- H circumference is measured over the widest part of the buttocks area.



# Measuring for JOBST | Lower extremities

## H Circumference and Length for JOBST Confidence

- You need to use an elastic belt to define and secure point H. Then, use a measuring tape and measure the circumference at the upper edge of the belt.
- Length H is measured at the side of the leg, from the feet up to the upper edge of the belt. Measure along the contour of the hip at the upper part.



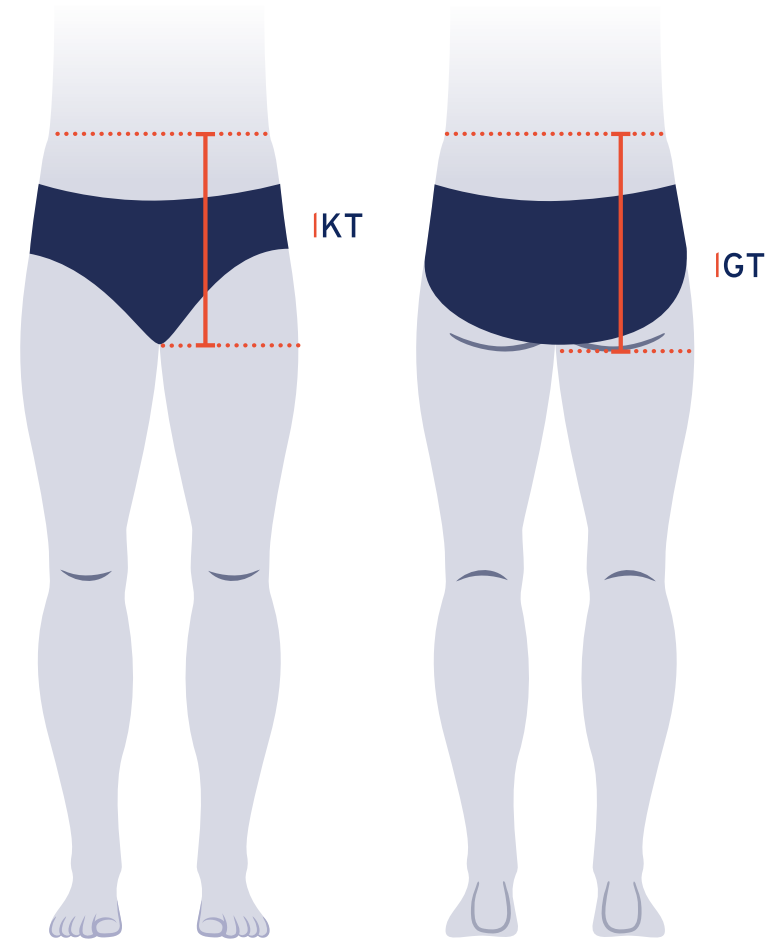


# Measuring for JOBST | Lower extremities

## Body bandage for JOBST Elvarex and Elvarex Soft

### How to measure GT und KT Length

- K / K1 to T: Measure length point T from eye-line of pubic bone to waist, pulling tape tension on any contours.
- G / K2 to T: Measure from gluteal crease to T, pulling tape tension on contours.

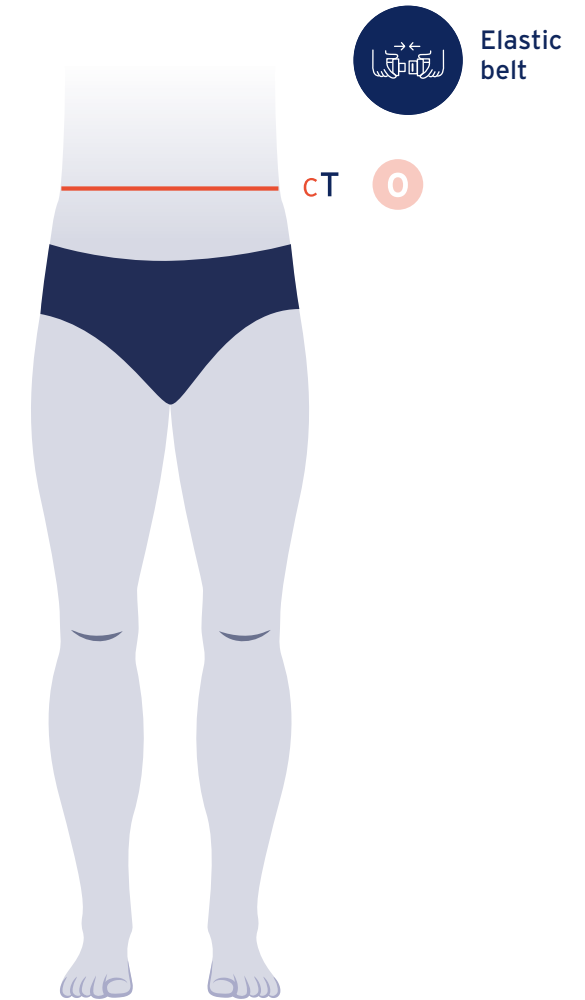


- If the belly of the patient is heavy, kindly ask your patient to flatten the belly with their hands when measuring length. This creates a 'lift'-effect.

# Measuring for JOBST | Lower extremities

## T Circumference for JOBST Elvarex and Elvarex Soft

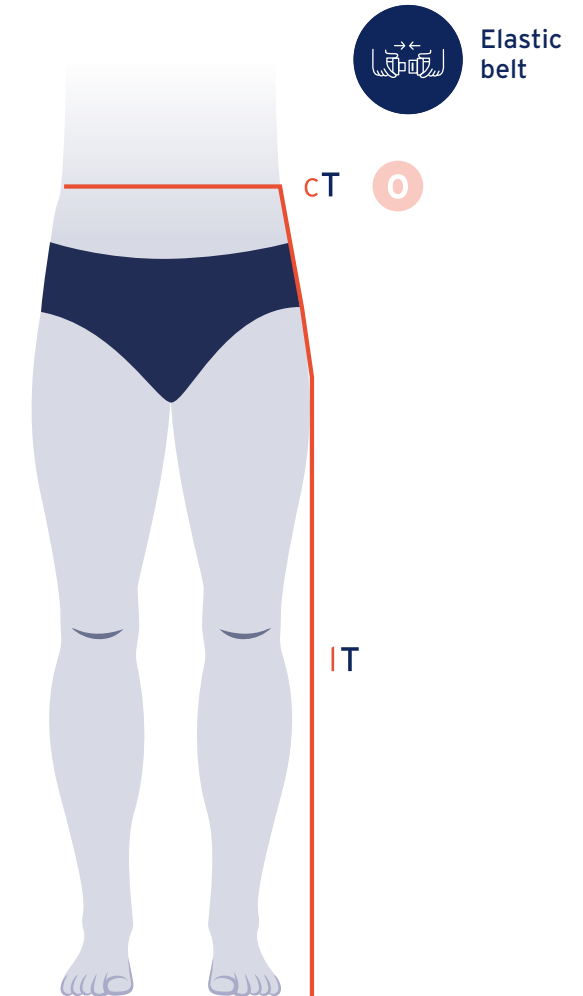
- Point T is located at the waist and indicates the end of the garment
- To measure the circumference at point T, place the elastic belt comfortably around the waist and measure the circumference along the upper edge of the belt



# Measuring for JOBST | Lower extremities

## T Circumference and T Length for JOBST Confidence

- Point T is located at the waist and indicates the end of the garment
- To measure the circumference at point T, place the elastic belt comfortably around the waist and measure the circumference along the upper edge of the belt
- Length T is measured at the side of the leg from the feet to the upper edge of the belt, following the contour from G to T.



- For an optimum fit, find the natural waistline, consider support point such as the smallest circumference, skin crease etc.
- For men with bigger abdomen, measure below the belly and higher at the centre back.

# Measuring for JOBST | Lower extremities

Rise measurement TT (L) and K3 (L1) for JOBST Confidence

**TT (L) and K3 (L1) need to be measured in one go using the JOBST tape clipper and the elastic belt.**

## Measuring length TT (L):

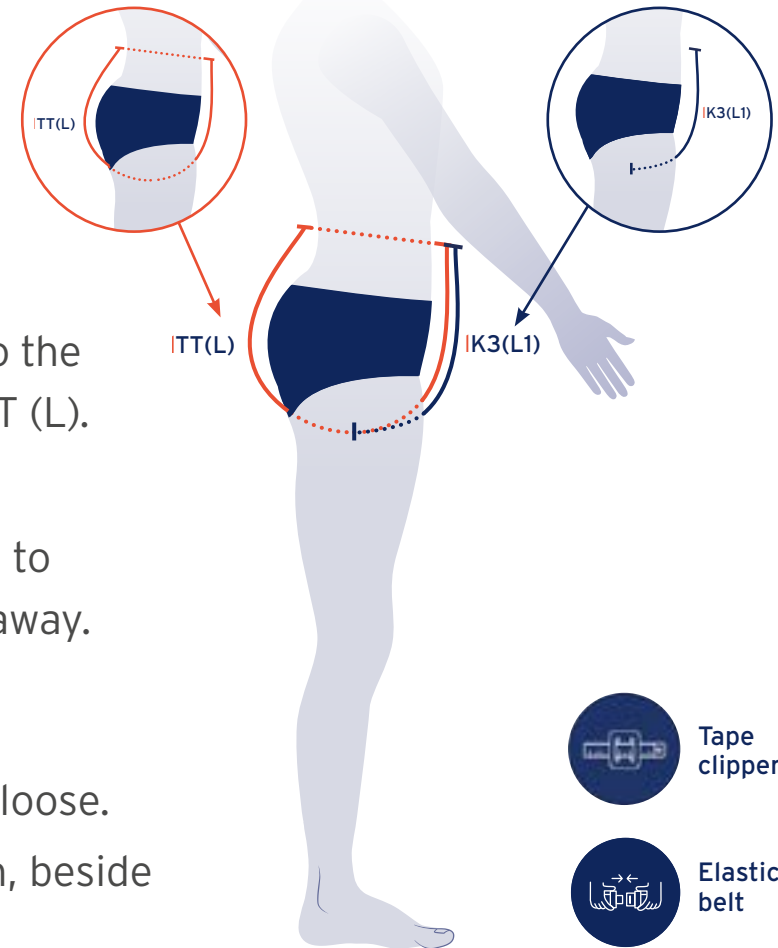
- Place the elastic belt comfortably around the waist.
- Place the tape with clipper at the middle of the belt at the front side of the body.
- Gently extend the tape between the legs, through the crotch to the middle of the belt at the back side of the body. This is length TT (L).

## Measuring length K3 (L1):

- Slide the tape clipper from the top of the waistband frontside to the middle point between the legs. Take the measuring tape away. The number at the clipper is length K3 (L1).



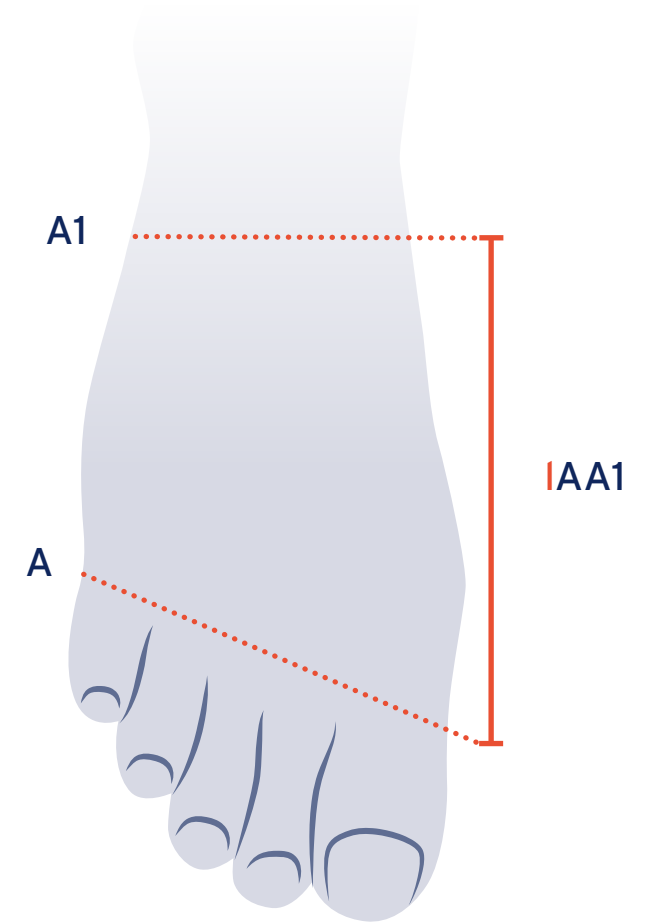
- Avoid either securing the tape too tight or too loose.
- For men, the tape should be placed in the groin, beside the genitals and not on top of genitals.



# JOBST Elvarex | Toe cap

## A-A1 Length

- Measure the foot lengths with the patient standing.  
Mark all length measuring points on the foot.
- The length is measured from A to A1.
- This length is taken for the lateral side and the medial side.
- These measurements will differ.



- It is recommended to have a length difference between medial and lateral of at least 2 cm.
- For a better anatomical fit, the recommended medial length is at least 8 cm.

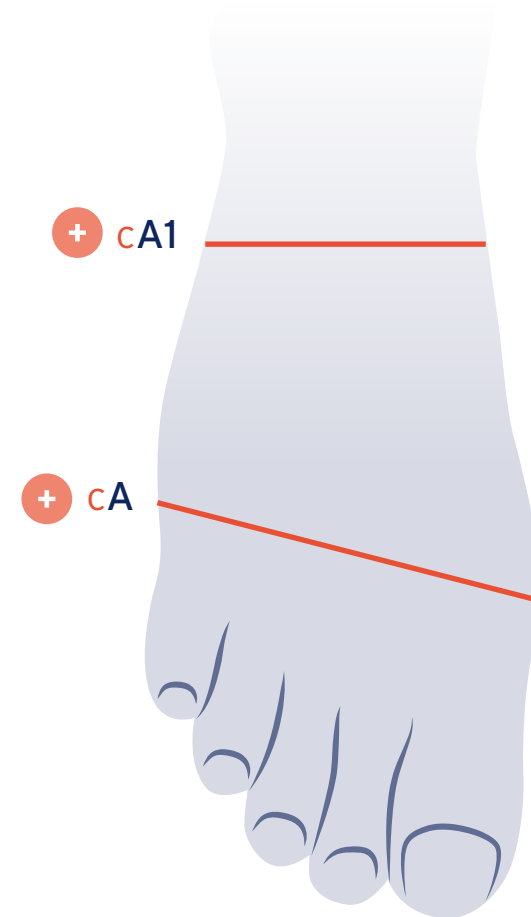
# JOBST Elvarex | Toe cap

## A-A1 Circumference

- This measurement is taken with the patient standing.
- A is measured at the base of the toes or the widest part of the foot.
- A1 is measured at the end of the toe cap.



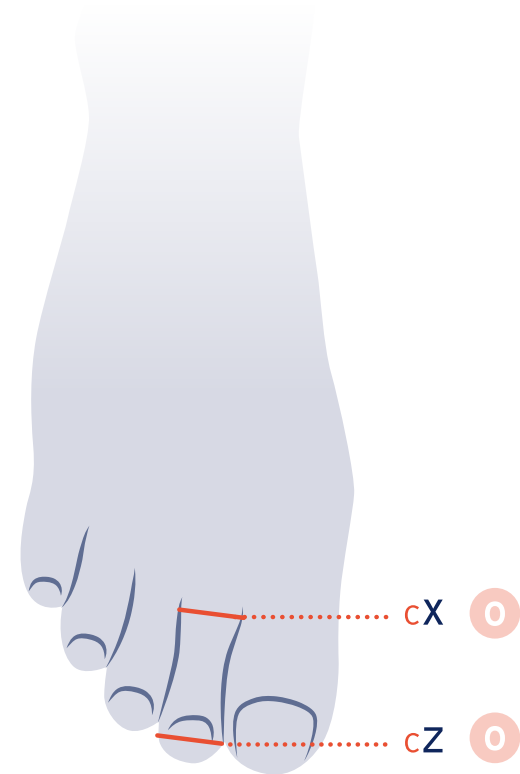
- When the toe cap and leg garment are worn together, it's recommended to order a slant foot to avoid pain on the bones and callus growth.
- When the compression class of the leg garment and the toecap are the same, add 1cm to cA and cA1 to avoid double compression.



# JOBST Elvarex | Toe cap

## X and Z digit Circumferences

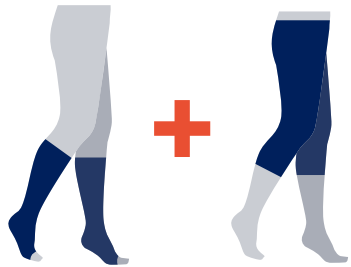
- Measure circumference X at the base of the toe.
- Measure circumference Z at the end of the toe.
- The X should not be less than the Z measurement.
- These measurements are taken without tension.



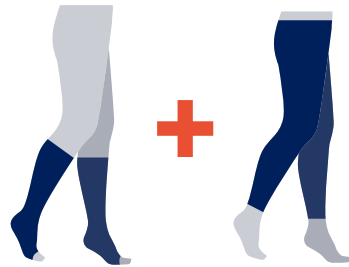
- It is easier to measure this circumference using a small measuring tape.

# JOBST Elvarex/Soft/Confidence | Lower extremities

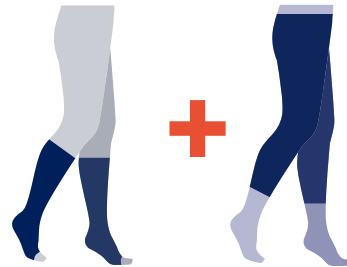
## Overlapping garment instructions



AD + CT Capri

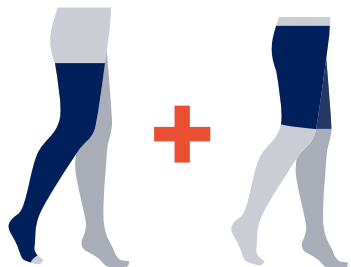


AD + BT Leggings

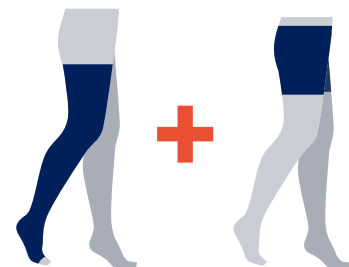


AD + BIT Leggings

**Add 2-3 cm to Capri/Leggings at the points of overlap.**



AG + E(1)T Bermuda



AG + FT Biker Shorts

**Add 1-2 cm to Bermuda/Biker at the points of overlap.**

- In case of patients with severe oedema, you may not add extra measurements.



# JOBST Elvarex | Lower extremities

Donning & Doffing videos

Tips for easy application

Tips for easy removal



# JOBST Confidence | Lower extremities

Donning & Doffing videos

Tips for easy application

Tips for easy removal



# JOBST Elvarex | Upper extremities

At a glance

## Popular styles



Combined  
Armsleeve



AE  
Long Gauntlet



AE  
Long Glove



AC1  
Glove



AC1  
Gauntlet



CG1  
Armsleeve

## Compression classes

CCL 1

CCL 2

## Popular option



Functional  
Zone Elbow

# JOBST Elvarex Soft | Upper extremities

At a glance

## Style



CG1  
Armsleeve

## Compression classes

CCL 1

CCL 2

# JOBST Confidence | Upper extremities

At a glance

## Popular styles



CG1  
Armsleeve



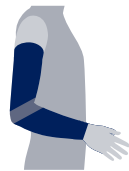
AG1  
Combined  
Armsleeve\*

## Compression classes

CCL 1

CCL 2

## Options



Functional Zone  
Elbow

\* Available from Nov/Dec 2022

# JOBST Relax | Upper extremities

At a glance

## Popular styles



Combined  
Armsleeve



CG1  
Armsleeve

## Compression classes

CCL 1

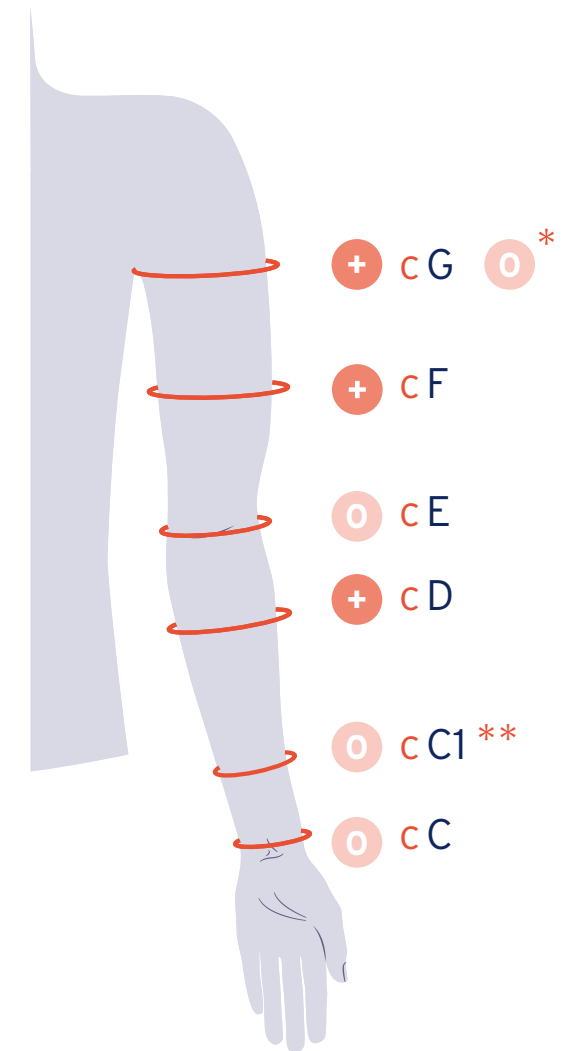
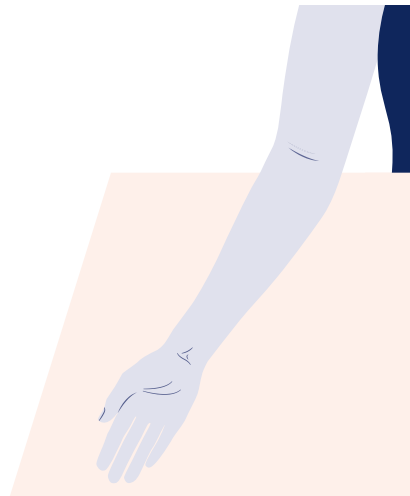
This garment has been developed to be soft and comfortable to the skin while sleeping or relaxing, forgoing the usage of a top band. It is not constructed for a lot of movement, especially strong bending of the knees. As a consequence the garment might move from its original position. If needed, adjust before and after sleeping. Furthermore, some patients might experience a slight volume reduction during the night and find the garment loose in the morning.

# Measuring for JOBST | Upper extremities

## General

### Position the patient:

- Preferably on a chair, beside a table or bench. The arm lays on the surface and has a bent elbow as shown in the image below.
- First, mark ALL measuring points with a skin pencil.
- After that, proceed with measuring all circumferences. Then continue with measuring all lengths.



\* with silicone band & straight ending  
\*\* for JOBST Confidence

# Measuring for JOBST | Upper extremities

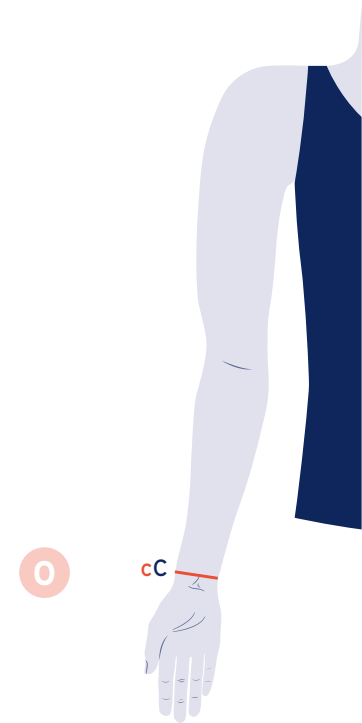
## C Circumference

- Ask the patient to flex the hand towards inner wrist.
- At second crease, mark point C using a skin pencil.
- Ask the patient to lay the hand flat on the table (palm down) and measure circumference C around the wrist bone.

**Note:** the circumference is not taken at the exact position of the length mark.

### When measuring for JOBST Elvarex and JOBST Elvarex Soft, please keep in mind:

- If proximal from C is bigger, always take the biggest circumference.
- If circumference is between 15 and 18 cm, add 1 cm to the measurement taken.
- If circumference is  $< 15$  cm, add 2 cm to the measurement taken.

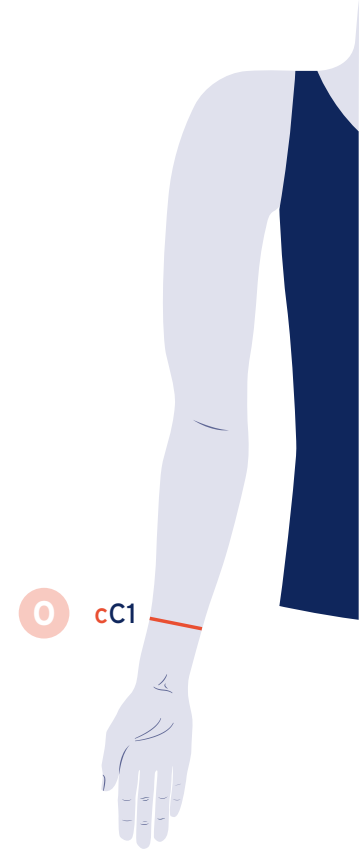




# Measuring for JOBST | Upper extremities

## C1 Circumference (only for JOBST Confidence)

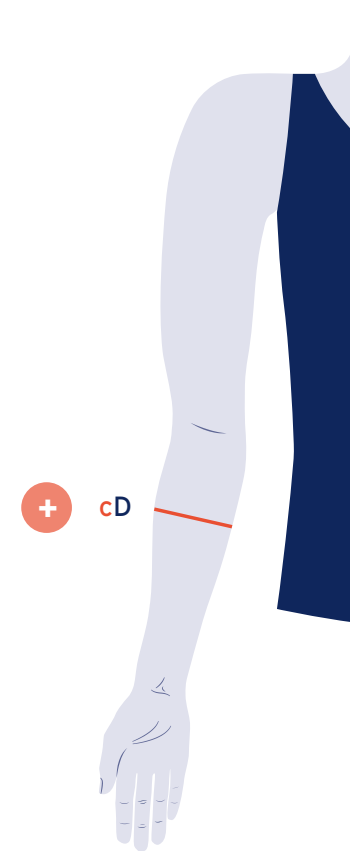
- Point C1 is located max. 6 cm proximal from C.
- Measure C1 circumference.



# Measuring for JOBST | Upper extremities

## D Circumference

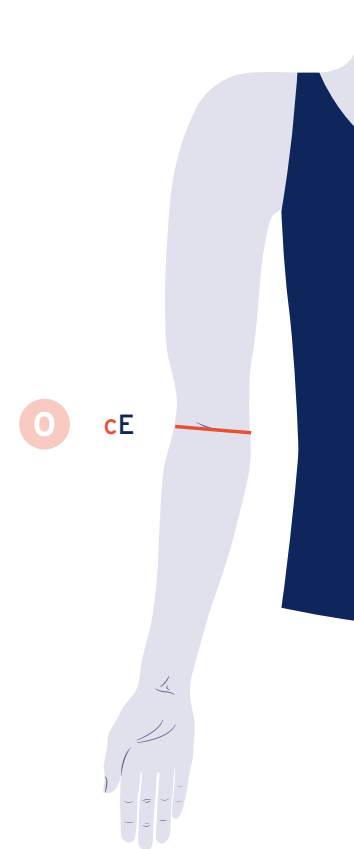
- Point D is located at 2/3 length between point C and E.
- Measure D circumference here.



# Measuring for JOBST | Upper extremities

## E Circumference

- At the elbow crease, mark point E.
- Measure E circumference with the elbow flexed to ensure enough width for movement (45°).

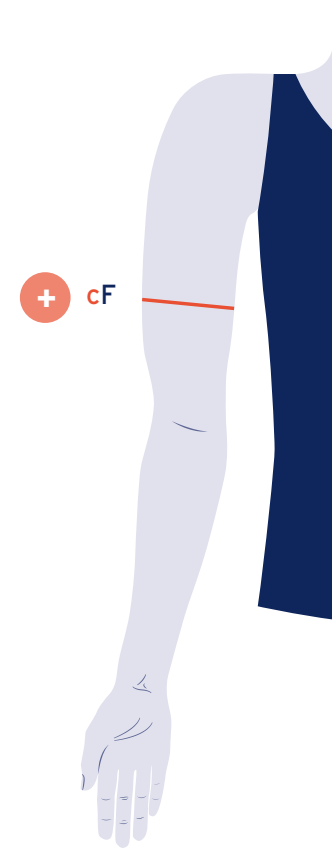


- If the tissue from proximal E is bigger, take the bigger circumference.

# Measuring for JOBST | Upper extremities

## F Circumference

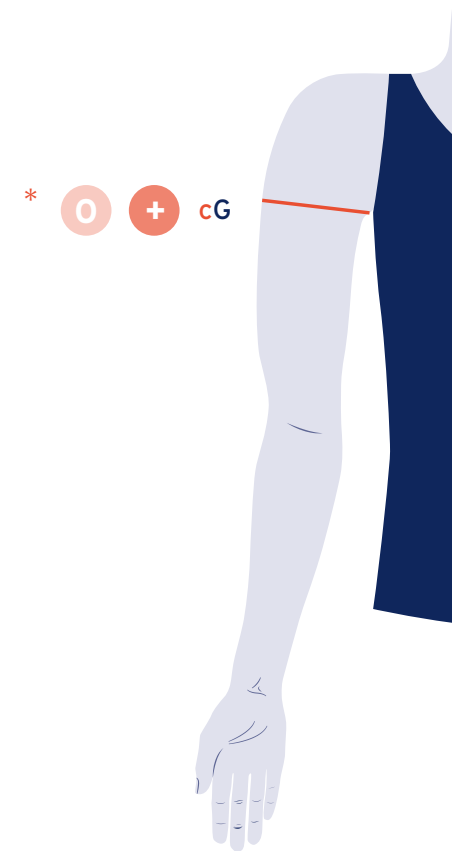
- At mid upper arm, mark point F.  
This is 1/2 way between landmark E and G.
- This is the anchor point which holds the garment in place.
- Measure F circumference here.
- For JOBST Relax, if needed, slightly more tension can be used.



# Measuring for JOBST | Upper extremities

## G Circumference

- Use the measuring card to define point G. Ask the patient to comfortably place it high in the axilla.
- Fold the measuring card over and mark point G. This should be on the axillary line.
- Measure G circumference.
- For JOBST Relax, if needed, slightly more tension can be used.



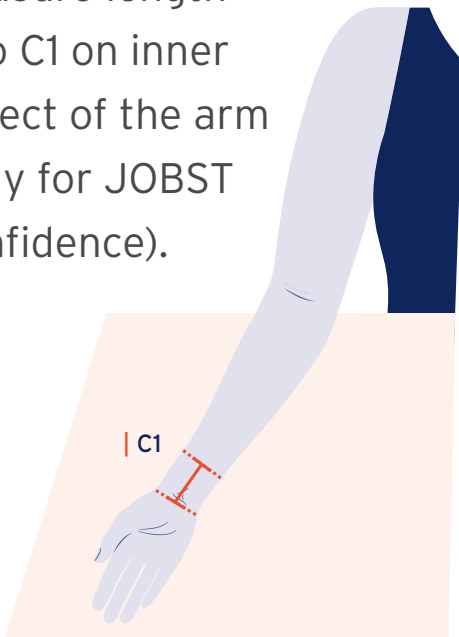
\* with silicone band & straight ending

# Measuring for JOBST | Upper extremities

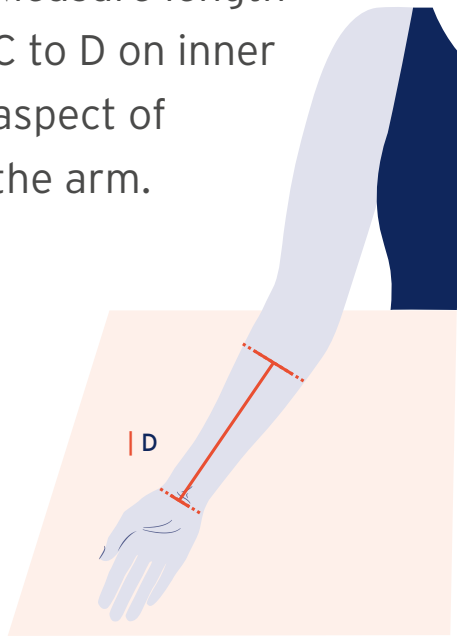
## CC1, CD, CE Length

Now, continue with taking the length measurements as described below:

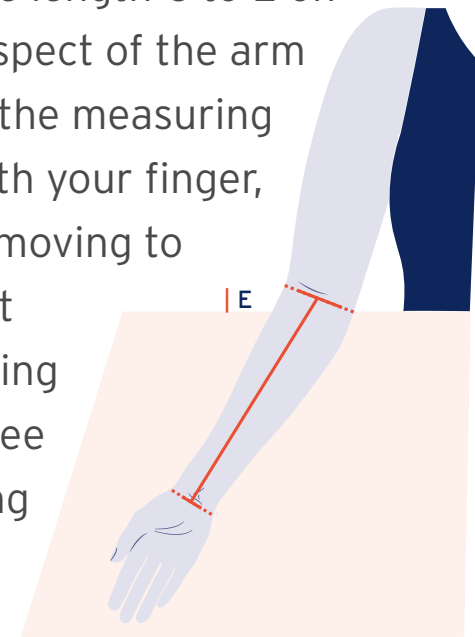
- Measure length C to C1 on inner aspect of the arm (only for JOBST Confidence).



- Measure length C to D on inner aspect of the arm.



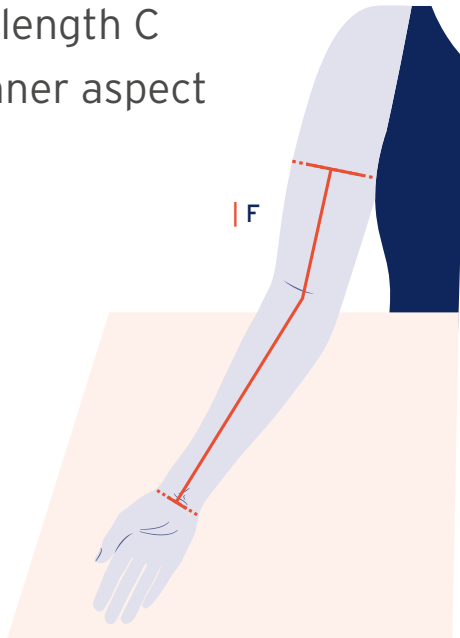
- Measure length C to E on inner aspect of the arm and fix the measuring tape with your finger, before moving to the next measuring point (see following slide).



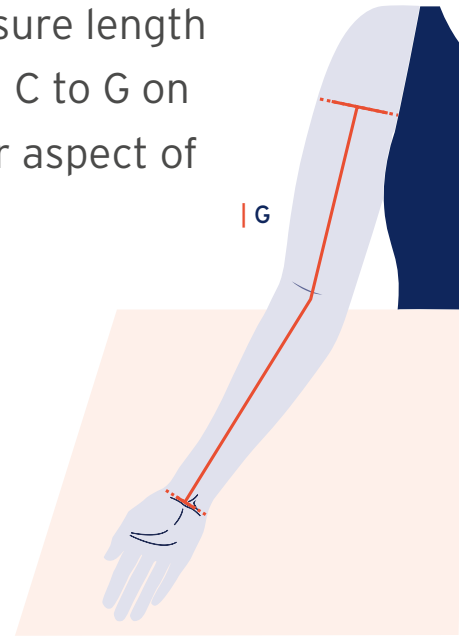
# Measuring for JOBST | Upper extremities

## CF, CG Length

- Measure length C to F on inner aspect of arm.



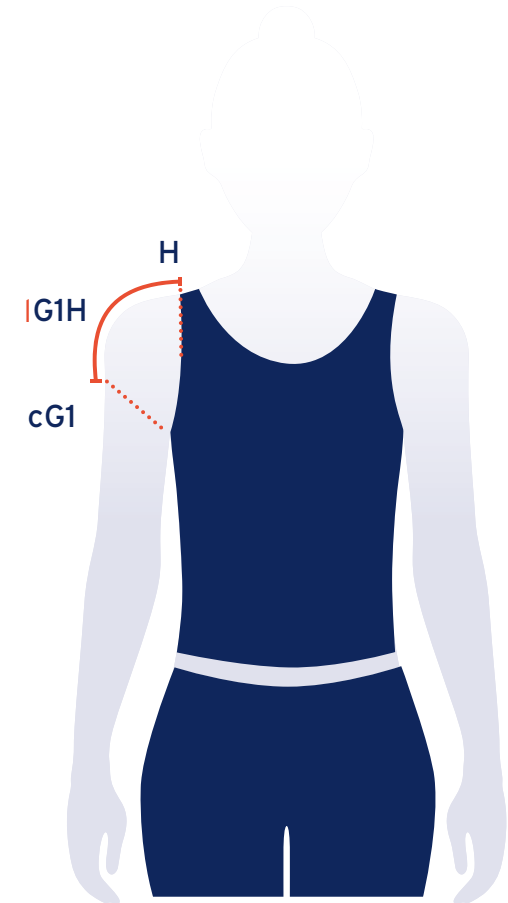
- Measure length from C to G on inner aspect of arm.



# Measuring for JOBST | Upper extremities

## Shoulder Cap for bra loop or body strap

- Measure the length from point G1 to outer aspect of bra strap point H.
- Apply the measuring tape firmly over the contour of the shoulder.





# Measuring for JOBST | Upper extremities

## Shoulder Cap for bra loop or body strap

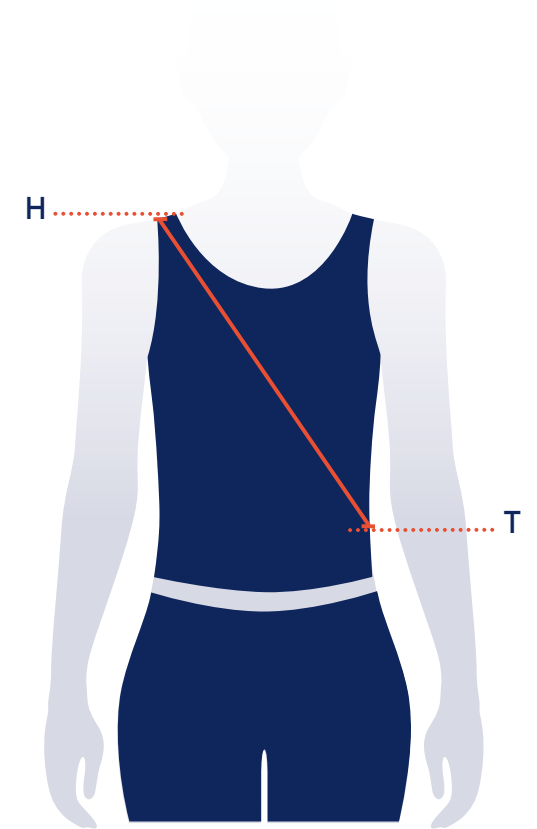
- Measure the width of the bra strap for the VELCRO brand hook and loop fastener system.
- A minimum 2.5 cm strap width is recommended, to be effective.



# Measuring for JOBST | Upper extremities

## Body strap

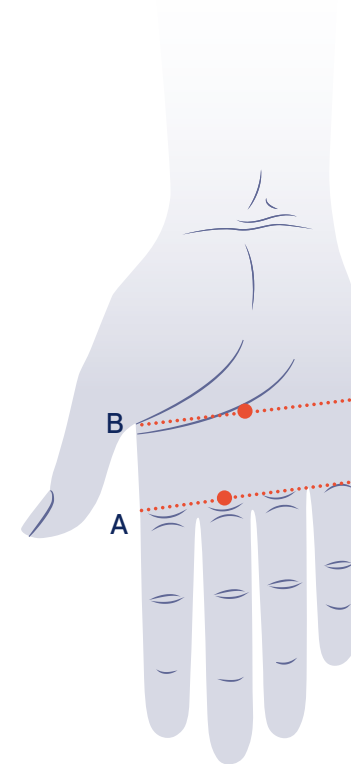
- Measure from the shoulder across the body to where the strap should sit comfortably.
- Do not measure around the body, only on the frontside and in a straight line.
- Then, multiply the measured length by 2. This is the body strap length.



# Measuring for JOBST | Gloves and Gauntlets

## Defining measuring points A and B

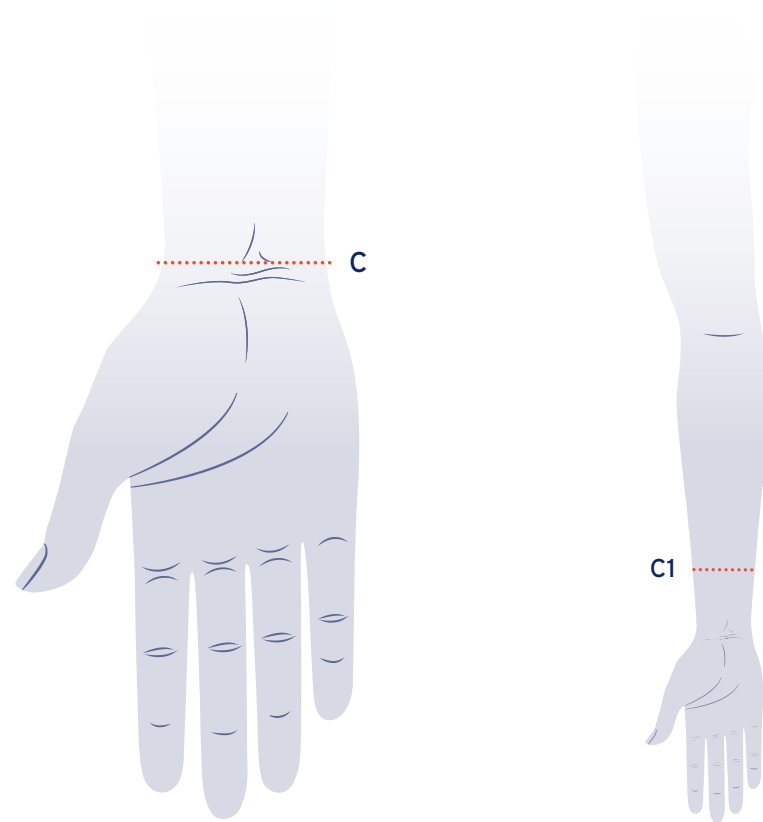
- Place the hand flat on the table, palm up.
- Use the JOBST measuring card to identify point A.
- Place the measuring card in line with the base of the 5th and index finger.  
Just below the middle finger, mark point A.
- After this, slide the card up, towards the thumb, and position the card in to the thumb web space.
- At middle of the hand mark point B.



# Measuring for JOBST | Gloves and Gauntlets

## Defining measuring points C and C1

- Ask the patient to flex the hand towards inner aspect of wrist.
- At second crease, mark point C.
- Point C1 is the ending point of the glove and should be located at least 5 cm from C.

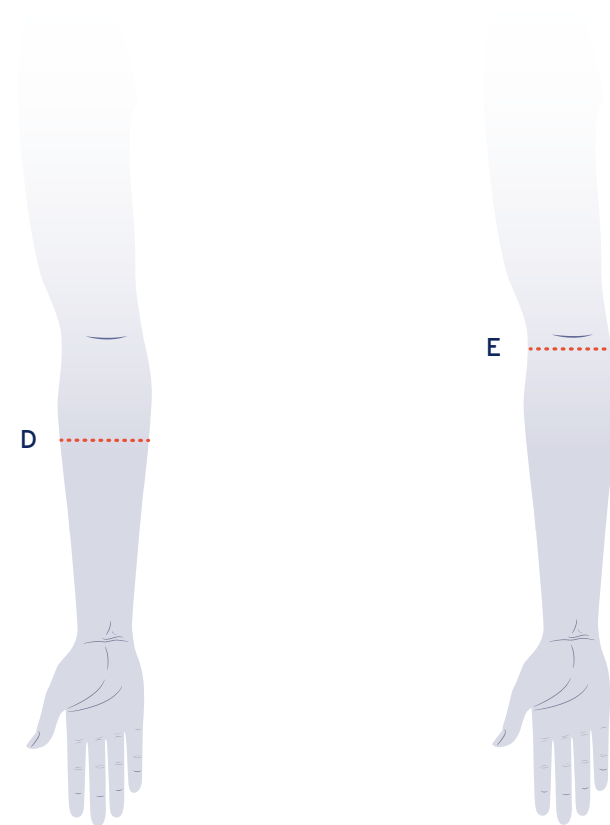


- The maximum ending point is at 20,5 cm proximal from point A.

# Measuring for JOBST | Gloves and Gauntlets

Defining measuring points D and E (long glove, long gauntlet)

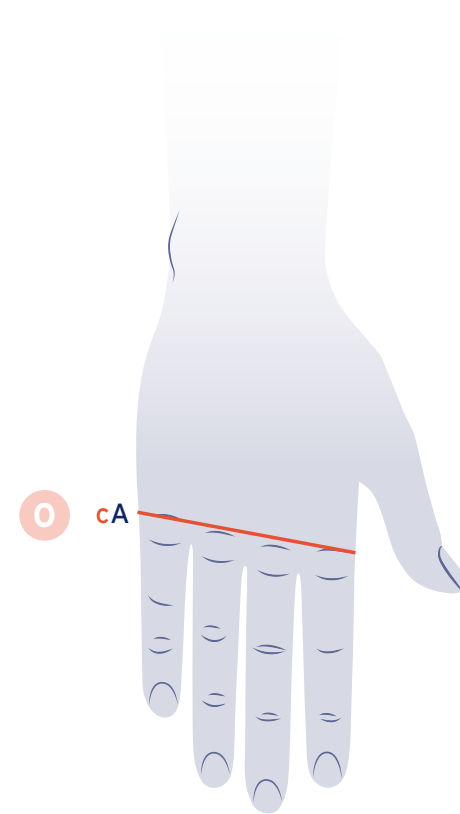
- Point D is located at 2/3 length between landmark C and E.
- Point E is located 1 cm distal of the elbow crease.
- Point E is the ending point of the glove.



# Measuring for JOBST | Gloves and Gauntlets

## A Circumference

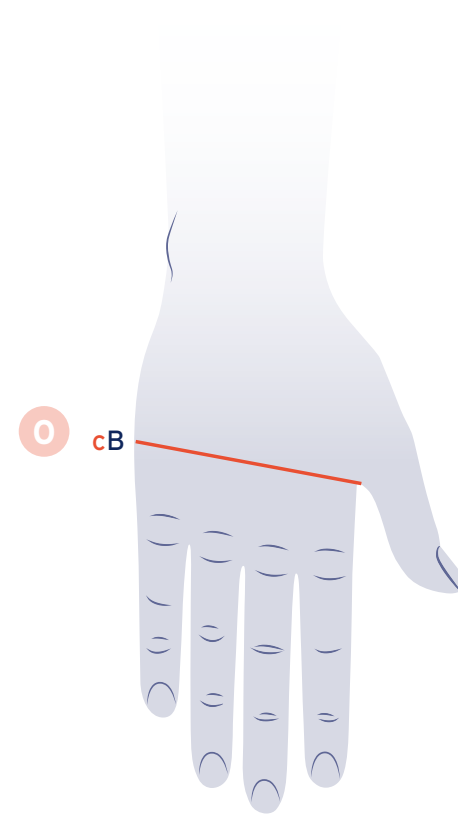
- Place the hand flat on a table (palm down).
- Ask the patient to apply pressure through to hand.
- Measure A circumference.



# Measuring for JOBST | Gloves and Gauntlets

## B Circumference

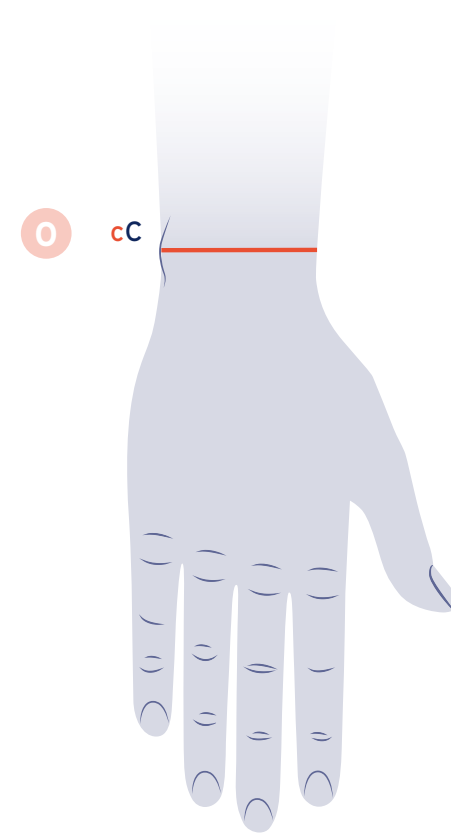
- Place the hand flat on a table (palm down).
- Ask the patient to apply pressure through to hand.
- Measure B circumference.



# Measuring for JOBST | Gloves and Gauntlets

## C Circumference

- Place the hand flat on a table (palm down).
- Measure circumference C around the wrist bone.



- If the glove is worn **together with an armsleeve**, you will have an **overlap** and should **add 1 cm to C**.



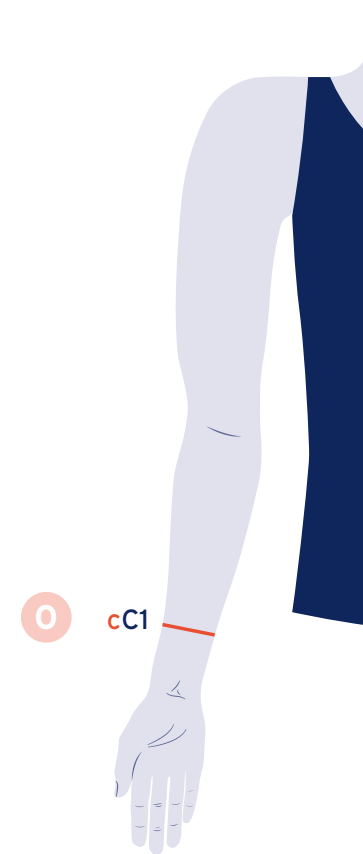
# Measuring for JOBST | Gloves and Gauntlets

## C1 Circumference

- Measure C1 circumference.



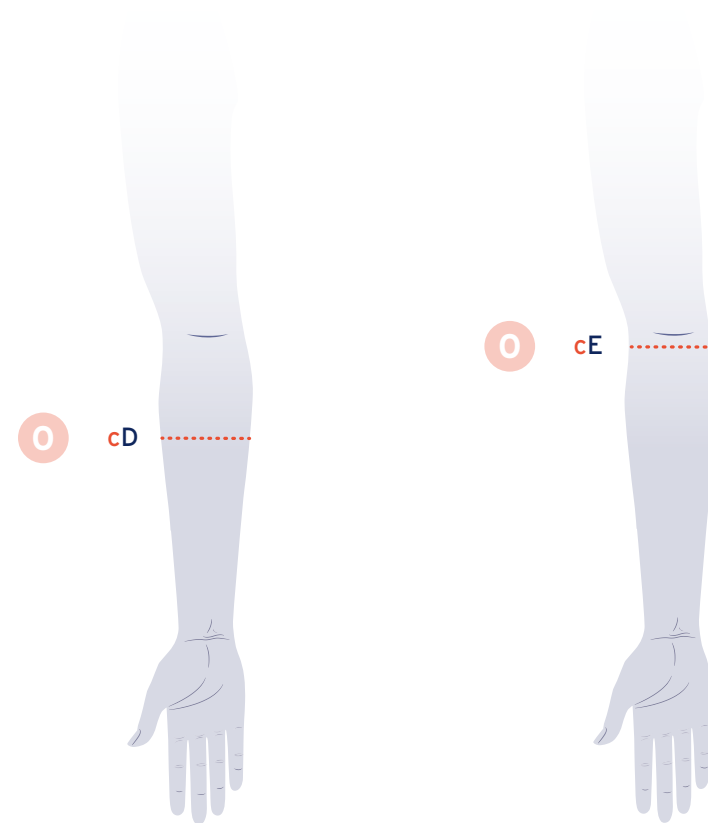
- If the glove is worn **together with an armsleeve**, you will have an **overlap** and should **add 1 cm to C1**.



# Measuring for JOBST | Gloves and Gauntlets

## D and E Circumference (long glove and long gauntlet)

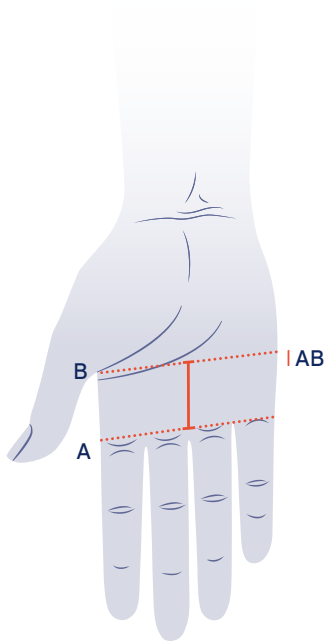
- Measure D circumference.
- Measure E circumference 1 cm below the elbow crease.



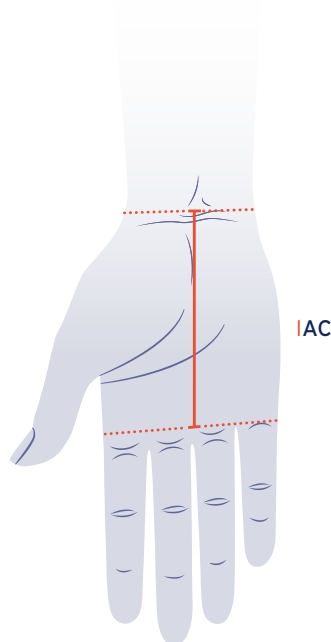
# Measuring for JOBST | Gloves and Gauntlets

## AB, AC, AC1 Length

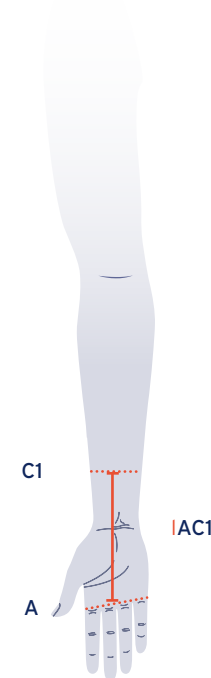
- Measure length AB on inner aspect of the palm.



- Measure length AC on inner aspect of the hand.



- Measure length AC1 on inner aspect of the hand and arm.

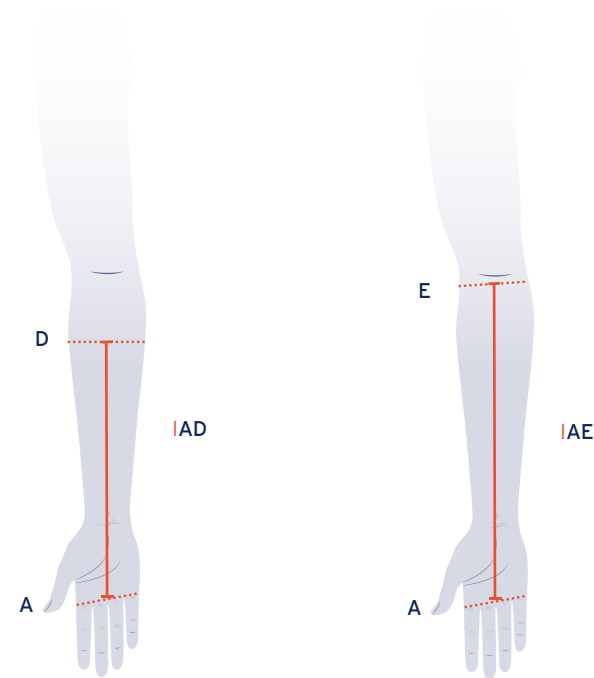


- For JOBST Relax gauntlet, add 1 cm to measured lengths AB and AC.

# Measuring for JOBST | Gloves and Gauntlets

AD, AE Length (long glove, long gauntlet)

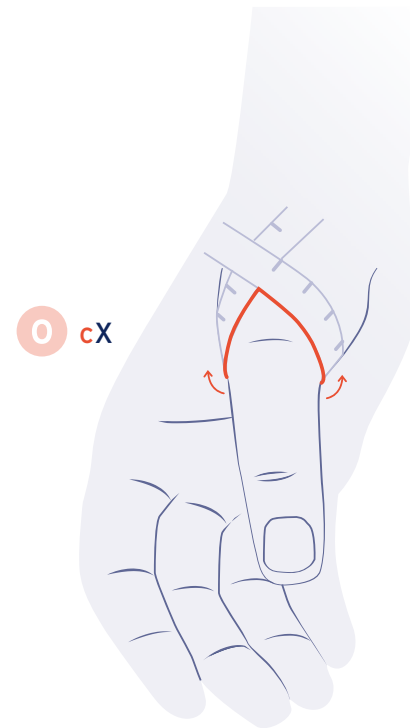
- Measure length AD and length AE on inner aspect of the hand and arm.



# Measuring for JOBST | Gloves and Gauntlets

## Thumb Circumference

- Measure the thumb circumference using a relaxed figure-8 measurement, at the base of the joint of the thumb (MCP).



MCP - Metacarpophalangeal

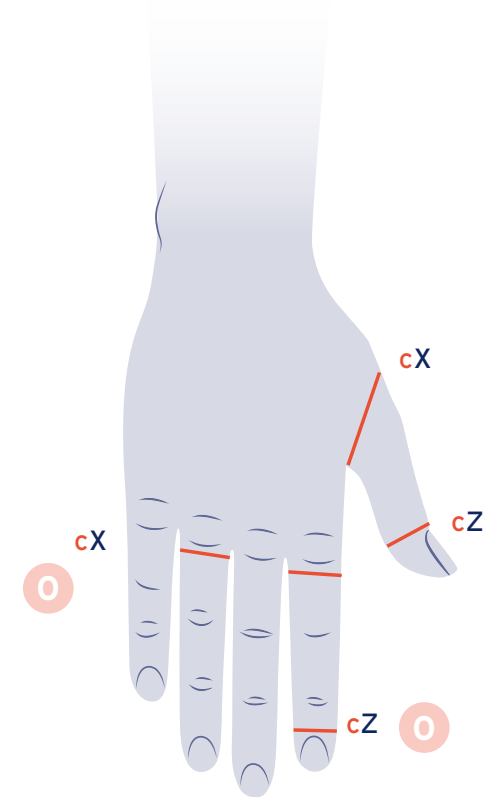
# Measuring for JOBST | Gloves and Gauntlets

## X and Z digit Circumferences

- Measure X circumference at the base of the finger.
- Measure Z circumference at the point of the desired finger length.
- The X circumference should not be less than the Z circumference.



- When the desired finger length is less than 1.5 cm, use circumference X for Z
- Please note that the minimum finger length is 1 cm.
- Please avoid an ending on the joint.



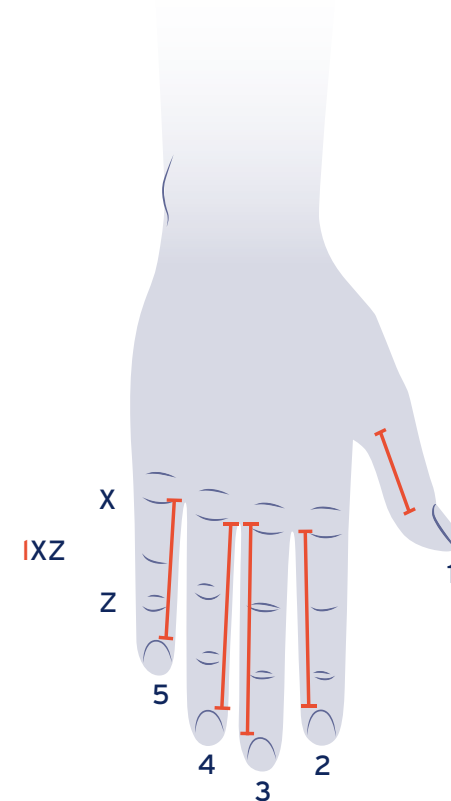
# Measuring for JOBST | Gloves and Gauntlets

## Digit Length

- Measure the finger length using the JOBST measuring card.
- Place the measuring card between the fingers and measure the length on the side which is closest to the middle finger.
- Measure up to the nailbed to avoid swelling at the end.



- A garment with long fingers is advised if there is swelling in the fingers.
- Please note that the minimum finger length is 1 cm.



# JOBST Confidence | Upper extremities

Donning & Doffing videos

Tips for easy application



Tips for easy removal





# JOBST Elvarex Plus and JOBST Elvarex Soft Seamless Upper & Lower extremities

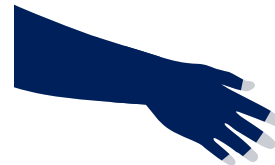
## Styles



AC1  
Glove



AC1  
Gauntlet



AE  
Long Glove



AE  
Long Gauntlet



AA  
Toe Cap

## Compression classes

CCL 1

CCL 2

# Wash and care information (1/2)

Please remind the user to keep in mind the following:



Washing the garments every day, or at least every other day is not only important for hygienic reasons. It also keeps them elastic and maintains their function.



## **There are a few things to keep in mind when washing the garments:**

- Wash the garments together with garments of the same color.
- A laundry net can protect the garments from damage.
- Wash the garments at the temperature indicated in the Instructions For Use, please refer to the washing label.
- Choose a gentle wash cycle.
- Do not use a brightener or fabric softener.



## **How to dry garments after washing:**

Some products are suitable for tumble-drying.

Garments should not be dried in the sunlight as this harms the fabric.

# Wash and care information (2/2)

Please remind the user to keep in mind the following:



## What else should be kept in mind?

- Long fingernails and jewelry can damage the fabric when putting garments on or off.
- Do not use body lotions or greasy skin care ointments when wearing the garments. JOBST offers skin care products that can be used without damaging the garments.
- When any loose threads or loops are noticed, they shall not be cut off - this can cause holes or ladders in the garments. Instead, the medical supply store shall be contacted to get a professional repair, when possible.



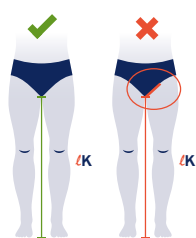
In addition, always **advise to follow the Instructions For Use for the respective garments** because they can differ from product to product.

## JOBST® Confidence

The correct measuring technique for compression garments with anatomically shaped panty part

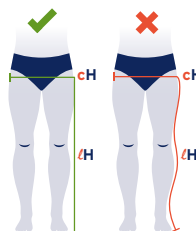
Please always use the JOBST measuring aids to measure our JOBST Confidence garments\*

JOBST Confidence is a flat-knit compression garment for patients with mild to moderate lymphedema and lipedema without pronounced skin folds or shape distortions. In order for the garment to exert its optimal compression pressure, precise measuring is necessary for an accurate fit. Please find below the measurement instructions to be used together with JOBST Global Measurement Guide.



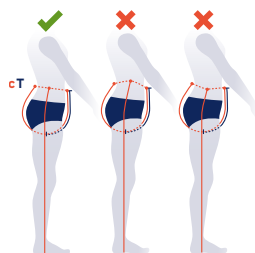
### Measure length IK

- Place the JOBST foam pad as far as comfortably possible into the crotch, between the legs.
- Measure perpendicularly from the floor to the top edge of the foam pad.



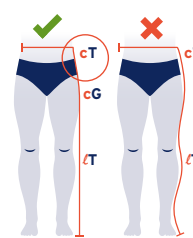
### Measure length IH

- Put the belt around the **widest part** of the buttocks
- Measure **perpendicularly** from the bottom to the top edge of the belt



### Measure circumference cT

- The measuring belt should be at the waist and around the hips in a straight line form
- Too high on the belly part or too low at the back results in an inaccurate fit



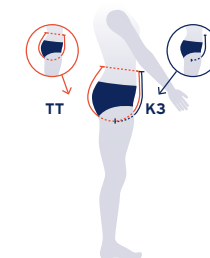
### Measure length IT

- Place the belt at the desired waist place (approx. belly button)
- Length T should be measured **perpendicularly** from the floor to point G. And then, following the **contour** from G to T.
- In other words, measuring tape should be placed in a straight line from floor to the hips and shall follow the contours from hip to the upper edge of the belt.



### Measure length TT/K3

- Place the measuring tape with tape slider on the upper edge of the belt.
- The measuring tape shall now pass through the gluteal cleft (and not on buttocks) - to the upper edge of the belt on back. This is length TT.
- The patient slides the tape slider to the center of the crotch.
- Remove the tape from patient's body. The measurement read at the tape slider position is length K3.



Check out the video on JOBST Confidence measurement



<https://www.jobst.com/measuring-instructions-for-jobst-confidence-panty/>

\* You have not yet received a measuring aid toolkit? - Please contact your JOBST sales representative.

**JOBST Confidence garments should not be pulled up too high! Please use the size of the woven-inn logo as reference.**



JOBST Logo  
approx 3cm long



JOBST Logo  
> 3cm long



## Which patients are suitable for JOBST Confidence?\*

Due to the softness of the material, some patients are more suitable for JOBST Confidence products and others are less suitable.

### JOBST Confidence is suitable for patients who ...

- ... have mild to moderate lymphedema and lipedema without pronounced skin folds or shape distortions.
- ... have fragile or tender to touch skin.
- ... seek comfort and are new to flat-knit compression.
- ... are sporty and active.

### JOBST Confidence is not suitable for patients who ...

- ... want to feel a strong pressure.
- ... hide their belly or have body shaping trousers.
- ... have considerably different circumferences in one limb, if you wish to have two legged panty.
- ... have belly overhangs.
- ... have large adipose tissue lobules.

Note: In these cases, possibly JOBST Elvarex or JOBST Elvarex Soft may be suitable. Please feel free to contact us.

Measuring points	min./max. Meas	Notes
Circumferences		
cG	max. 90cm	We recommend using JOBST Elvarex or JOBST Elvarex Soft for larger circumferences
cH	up to 140cm	We recommend using JOBST Elvarex or JOBST Elvarex Soft for larger circumferences.
Length		
IB	min. 7cm	A shorter length is unrealistic.
TT	max. 100cm	We recommend using JOBST Elvarex or JOBST Elvarex Soft for larger length measurements.
K <sup>3</sup>	max. 45cm	K3 must always be less than TT and must not exceed 45% of the total length (TT).
Length btw two points		
IG to IK	up to 4cm	Longer measurements than 6cm to 7cm are uncommon and may result in more material on the leg and therefore wrinkling.
IK to IH	approx 10cm, min 4cm	Usual length is between 4cm - 12cm.
IH to IT	min. 7cm	The waist band needs about 4cm to 5cm. At least 2cm of knitted fabric must also be added.

\* This recommendation is to help healthcare professionals to navigate through JOBST flat-knit assortment and choose a suitable product for patients based on material properties as well as the indications and precautions in the Instructions for Use. For further information please read the Instructions for Use.



**Discover more at [www.JOBST.com](http://www.JOBST.com)**