made to measure (m2m) made easy

The most effective compression garments for chronic oedema and venous conditions.
Driving the future in compression therapy


medi World of Compression: signpost to the future with more than 65 years’ competence in the field of compression. Your partner for the highest demands on quality, innovation and design. Let’s shape the future together and create positive brand experiences – for you and your patients.
Introduction

Venous and lymphatic disorders are chronic conditions which will worsen over time without appropriate treatment. Using Quality compression can help improve and prevent further deterioration.

medi UK offer a comprehensive range of off-the-shelf garments. However, some patients require made to measure compression and we are pleased to offer round knit and flat knit options on prescription (FP10/GP10).

The m2m booklet describes fabrics and styles available.
RAL compression classes

medi m2m garments comply with the strict standards that are laid down by the 'Reichs-Ausschuss für Lieferbedingungen' (RAL) Institute. This is the gold standard for compression garments. All medi m2m garments are guaranteed to provide effective compression for 6 months of daily use if used and laundered correctly.

Selection of the correct compression class (CCL) will help to ensure that your patients receive a garment that is suited to their condition:

**RAL compression class 1 (18 – 21 mmHg)**
Prevention or early treatment of lymphoedema, venous disease and for use on palliative limbs.

**RAL compression class 2 (23 – 32 mmHg)**
Mild / moderate lymphatic conditions, pronounced varicosis with oedema present and after healing minor ulcers.

**RAL compression class 3 (34 – 46 mmHg)**
Lymphoedema, significant varicosis or after healing long standing ulcers; use if condition fails to respond to class 2.

**Contraindications:**
According to the guidelines of the German Phlebological Society (published in 1996, German Journal 'Phlebologie')

**Absolute contraindications:**
Advanced, peripheral arterial occlusive disease, decompensated heart disease, septic phlebitis, phlegmasia coerulea dolens.

**Relative contraindications:**
Suppurative dermatoses, intolerance of compression stocking fabric, sensory disturbances of the limb, advanced peripheral neuropathy, primary chronic arthritis. medi assumes no liability as a result of any contraindicated use of this product.
Flat knit
Upper limbs
mediven esprit®

m2m hand and arm garments flat knit

Available styles made-to-measure

You can choose between the following hand section variants – both for the individual and for the two-piece garment.

<table>
<thead>
<tr>
<th>Hand section AC1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand piece</td>
</tr>
<tr>
<td>without fingers,</td>
</tr>
<tr>
<td>with thumb opening</td>
</tr>
<tr>
<td>Hand piece</td>
</tr>
<tr>
<td>without fingers,</td>
</tr>
<tr>
<td>with base of thumb</td>
</tr>
<tr>
<td>Hand piece</td>
</tr>
<tr>
<td>with long fingers,</td>
</tr>
<tr>
<td>with base of thumb</td>
</tr>
<tr>
<td>Hand piece</td>
</tr>
<tr>
<td>with closed fingers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Styles and DT codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>AD</td>
</tr>
<tr>
<td>AE</td>
</tr>
<tr>
<td>AF/AG</td>
</tr>
<tr>
<td>AF/AG</td>
</tr>
<tr>
<td>AF/AG</td>
</tr>
</tbody>
</table>

| Instructions for measuring arm garments flat knit starting on page 26. |

<table>
<thead>
<tr>
<th>CCL 1</th>
<th>DTEHP1</th>
<th>DTEHP1</th>
<th>DTEGV1</th>
<th>DTEGV1</th>
</tr>
</thead>
<tbody>
<tr>
<td>CCL 2</td>
<td>DTEHP2</td>
<td>DTEHP2</td>
<td>DTEGV2</td>
<td>DTEGV2</td>
</tr>
<tr>
<td>CCL 3</td>
<td>DTEHP3</td>
<td>DTEHP3</td>
<td>DTEGV3</td>
<td>DTEGV3</td>
</tr>
</tbody>
</table>

You can choose between the following armsleeve variants and attachment options.

<table>
<thead>
<tr>
<th>Attachment options</th>
</tr>
</thead>
<tbody>
<tr>
<td>One-piece (AG / AF)</td>
</tr>
<tr>
<td>Arm with hand knitted on</td>
</tr>
<tr>
<td>Two-piece (CG + AC1)</td>
</tr>
<tr>
<td>Arm with separate hand piece</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Please note!</th>
</tr>
</thead>
<tbody>
<tr>
<td>medi produces all flat knit armsleeve variants with a slight oblique as standard at the proximal end.</td>
</tr>
</tbody>
</table>

The AC1 glove is an exception to this. This is made with a 2 cm 'porous' border as standard.
Oblique borders - standard

- Slight oblique anatomically correct border at 'G1'
- Standard in all mediven flat knit garments.
  
- Advantage
  - Optimum anatomical fit, appropriate for routine presentations.

Ellipse at 'E' - standard

- Knitting marks in elbow area
- medi produces all arm garments with the standard angle of 160° at E.
  
- Advantage
  - To reduce excessive pressure on the elbow flexure and reduce wrinkles on movement.

Porous rows – 'half' compression

- Reduced compression to allow for two part garment overlap.
  - 2 cm standard border in CG sleeves and AC hand parts.
  
- Advantage
  - Porous rows are automatically calculated to prevent 'double compression' occurring at the overlap of garments.

Top bands

- Most common method of securing sleeves, with no constriction due to oblique borders
  
- Advantage
  - Effective positioning of garments. Ease of handling for optimum comfort in wear.

ADD Code No.: DTTB

Attachments / support devices

- Available Styles:
  - Shoulder cap with bra attachment
  - Shoulder cap with shoulder strap
  
- Advantage
  - Optional methods for securing the armsleeve.

ADD Code No.: DTESC
Upper limbs
Arm accessories flat knit

<table>
<thead>
<tr>
<th>Incorporation of zips</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>May aid application and removal or for clinical need.</td>
</tr>
</tbody>
</table>

ADD Code No.: DTZIP

Tips
Beneficial to aid garment application where the distal limb has a greater volume / circumference than the proximal aspect. The incorporation of a short zip on the outside of the arm is recommended. A zip can be incorporated into the seam at any point.
Colours and patterns
m2m flat knit arm garments

<table>
<thead>
<tr>
<th>Upper limb - flat knit</th>
</tr>
</thead>
<tbody>
<tr>
<td>mediven esprit (DTE...)</td>
</tr>
<tr>
<td>The comfortable and effective sleeve for arm oedema.</td>
</tr>
<tr>
<td>Suitable for:</td>
</tr>
<tr>
<td>• normal to firm connective tissue</td>
</tr>
<tr>
<td>Indications:</td>
</tr>
<tr>
<td>• Primary and secondary lymphoedema stage 1,2,3</td>
</tr>
<tr>
<td>• Lipoedema stage 1,2,3</td>
</tr>
<tr>
<td>• Post-operative and post traumatic oedema</td>
</tr>
<tr>
<td>Compression class: 1,2,3</td>
</tr>
</tbody>
</table>

<p>| Available in standard and trend colours and Design-Elements: |</p>
<table>
<thead>
<tr>
<th>Standard colours</th>
<th>Trend colours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sand</td>
<td>Cherry-red</td>
</tr>
<tr>
<td>Caramel</td>
<td>Mint-green</td>
</tr>
<tr>
<td>Cashmere</td>
<td>Coral</td>
</tr>
<tr>
<td>Black</td>
<td>Blue-jeans</td>
</tr>
<tr>
<td></td>
<td>Black</td>
</tr>
<tr>
<td></td>
<td>Mint-green</td>
</tr>
<tr>
<td></td>
<td>Coral</td>
</tr>
<tr>
<td></td>
<td>Blue-jeans</td>
</tr>
<tr>
<td></td>
<td>Black</td>
</tr>
<tr>
<td></td>
<td>Mint-green</td>
</tr>
<tr>
<td></td>
<td>Coral</td>
</tr>
<tr>
<td></td>
<td>Blue-jeans</td>
</tr>
<tr>
<td></td>
<td>Black</td>
</tr>
<tr>
<td></td>
<td>Mint-green</td>
</tr>
<tr>
<td></td>
<td>Coral</td>
</tr>
<tr>
<td></td>
<td>Blue-jeans</td>
</tr>
<tr>
<td></td>
<td>Black</td>
</tr>
</tbody>
</table>

| Design-Elements |
| Live Laugh Love |
| Timeless        |
| Sportive        |

Important
Trend colours and Design-Elements take longer to make (no extra charge).
Flat knit upper limbs

Styles • made to measure • 11
Flat knit
Lower limbs
mediven mondi®
m2m leg garments flat knit

Available styles made-to-measure

A style to meet the individual requirements.

<table>
<thead>
<tr>
<th>Styles</th>
<th>AD</th>
<th>AF</th>
<th>AG</th>
<th>Waist Attachment</th>
<th>ATE / ATEH</th>
<th>AT/ATH/ATU</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image" alt="Style AD" /></td>
<td><img src="image" alt="Style AF" /></td>
<td><img src="image" alt="Style AG" /></td>
<td><img src="image" alt="Style Waist Attachment" /></td>
<td><img src="image" alt="Style ATE" /></td>
<td><img src="image" alt="Style ATEH" /></td>
</tr>
<tr>
<td>Below knee</td>
<td>Thigh length</td>
<td>Thigh length waist attachment</td>
<td>One legged panty</td>
<td>Tights</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CCL 1</td>
<td>DTMK1</td>
<td>DTMK1</td>
<td>DTMW1</td>
<td>DTMOP1</td>
<td>DTMGT1</td>
<td></td>
</tr>
<tr>
<td>CCL 2</td>
<td>DTMK2</td>
<td>DTMK2</td>
<td>DTMW2</td>
<td>DTMOP2</td>
<td>DTMGT2</td>
<td></td>
</tr>
<tr>
<td>CCL 3</td>
<td>DTMK3</td>
<td>DTMK3</td>
<td>DTMW3</td>
<td>DTMOP3</td>
<td>DTMGT3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Styles</th>
<th>BT/BTH</th>
<th>CT/CTH</th>
<th>FT/FTH</th>
<th>AB</th>
<th>AB1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image" alt="Style BT" /></td>
<td><img src="image" alt="Style CT" /></td>
<td><img src="image" alt="Style FT" /></td>
<td><img src="image" alt="Style AB" /></td>
<td><img src="image" alt="Style AB1" /></td>
</tr>
<tr>
<td>Leggings</td>
<td>Capri pants</td>
<td>Bermuda shorts</td>
<td>Sock</td>
<td>Sock</td>
<td></td>
</tr>
<tr>
<td>CCL 1</td>
<td>DTMGT1</td>
<td>DTMGT1</td>
<td>DTMGT1</td>
<td>DTMK1</td>
<td>DTMK1</td>
</tr>
<tr>
<td>CCL 2</td>
<td>DTMGT2</td>
<td>DTMGT2</td>
<td>DTMGT2</td>
<td>DTMK2</td>
<td>DTMK2</td>
</tr>
<tr>
<td>CCL 3</td>
<td>DTMGT3</td>
<td>DTMGT3</td>
<td>DTMGT3</td>
<td>DTMK3</td>
<td>DTMK3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Styles</th>
<th>BD</th>
<th>BF</th>
<th>BG</th>
<th>CF</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image" alt="Style BD" /></td>
<td><img src="image" alt="Style BF" /></td>
<td><img src="image" alt="Style BG" /></td>
<td><img src="image" alt="Style CF" /></td>
</tr>
<tr>
<td>Leg section</td>
<td>Leg section</td>
<td>Leg section</td>
<td>Leg section</td>
<td></td>
</tr>
<tr>
<td>CCL 1</td>
<td>DTMK1</td>
<td>DTMK1</td>
<td>DTMK1</td>
<td></td>
</tr>
<tr>
<td>CCL 2</td>
<td>DTMK2</td>
<td>DTMK2</td>
<td>DTMK2</td>
<td></td>
</tr>
<tr>
<td>CCL 3</td>
<td>DTMK3</td>
<td>DTMK3</td>
<td>DTMK3</td>
<td></td>
</tr>
</tbody>
</table>

**Please note**

All mediven leg garments are supplied with an oblique border and foot as standard.

**Please note**

Instructions for measuring leg garments flat knit starting on page 30.
### Lower limb

**Leg accessories flat knit**

<table>
<thead>
<tr>
<th>Accessory</th>
<th>Advantage</th>
</tr>
</thead>
</table>
| **3D panty top** | Anatomically shaped panty top  
The shape of the 3D panty top is determined by the circumferential measurements and lengths in the panty area. Standard for all mediven flat knit garments. |
| **Topbands** | Most common method of securing stockings (AG, AF and AD) without circular constrictions with oblique borders. Request on measurement form and add DTSTB on prescription.  
Effective positioning of garments. Circular support and simple handling. |
| **Waist attachments** | Support of AG stockings at the waist  
Alternative fastening method for thigh length garments, can be linked bilaterally. |
| **Comfort heel - inclusive = standard heel** | Individual angle at the heel  
The individual angle is calculated from the measurements you supply.  
‘Y’ = Standard.  
Optimise wearing comfort and better fit due to reduced wrinkling in this often difficult area. |
Lower limb
Leg accessories flat knit

<table>
<thead>
<tr>
<th>Y-knitting marks = 90° heel</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional Y-knitting marks in heel and arch areas. Request on measurement form and add DTYKM to prescription</td>
<td>Reduces pressure on the instep and to bridge deep skin creases. Most beneficial when the wearer is chair bound.</td>
</tr>
<tr>
<td>ADD Code No.: DTYKM</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oblique forefoot</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oblique line of compressive knitted fabric Standard for all mediven flat knit garments</td>
<td>Optimum pressure gradient down to the metatarsophalangeal joints with an anatomical gradient, no circular constriction in the forefoot.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Incorporation of Zips</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Request on measurement form and add DTZIP to prescription.</td>
<td>May aid application and removal – but mostly beneficial for clinical requirements when the distal region is a greater volume than proximal region (let us know the length and positioning of the zip on the order form).</td>
</tr>
<tr>
<td>ADD Code No.: DTZIP</td>
<td></td>
</tr>
</tbody>
</table>
## Colours and patterns
m2m flat knit leg garments

### Lower limb – flat knit

**mediven mondi**

The comfortable and effective stocking for lymphatic diseases.

Suitable for:
- normal to firm connective tissue

Indications:
- Primary and secondary lymphoedema stage 1, 2, 3
- Lipoedema stage 1, 2, 3
- Post-operative and post traumatic oedema
- Severe phlebological conditions with a tendency to develop oedema

Compression class: 1, 2, 3

### Available in standard and trend colours:

<table>
<thead>
<tr>
<th>Standard colours</th>
<th>Trend colours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sand</td>
<td>Cherry-red</td>
</tr>
<tr>
<td>Caramel</td>
<td>Moss-green</td>
</tr>
<tr>
<td>Cashmere</td>
<td>Navy</td>
</tr>
<tr>
<td>Black</td>
<td>Anthracite</td>
</tr>
<tr>
<td></td>
<td>Aqua</td>
</tr>
<tr>
<td></td>
<td>medi Magenta</td>
</tr>
</tbody>
</table>

|                  | Mint-green    |
|                  | Coral         |
|                  | Blue-jeans    |

**Important**

Trend colours and Design-Elements take longer to make. (no extra charge)
Round knit
Lower limbs
mediven elegance®
m2m leg garments round knit

Available styles made-to-measure

<table>
<thead>
<tr>
<th>Styles</th>
<th>AD</th>
<th>AG</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image1" alt="Below knee" /></td>
<td><img src="image2" alt="Thigh length" /></td>
<td><img src="image3" alt="Tights" /></td>
</tr>
<tr>
<td>CCL 1</td>
<td>DTLK1</td>
<td>DTLT1</td>
<td>DTLTG1</td>
</tr>
<tr>
<td>CCL 2</td>
<td>DTLK2</td>
<td>DTLT2</td>
<td>DTLTG2</td>
</tr>
</tbody>
</table>

mediven plus®
m2m leg garments round knit

Available styles made-to-measure

<table>
<thead>
<tr>
<th>Styles</th>
<th>AD</th>
<th>AG (Topband)</th>
<th>AG (Waist Attachment)</th>
<th>AT</th>
<th>ATE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image4" alt="Below knee" /></td>
<td><img src="image5" alt="Thigh length" /></td>
<td><img src="image6" alt="Thigh Length with Waist Attachment" /></td>
<td><img src="image7" alt="Tights" /></td>
<td><img src="image8" alt="One legged panty" /></td>
</tr>
<tr>
<td>CCL 1</td>
<td>DTPK1</td>
<td>DTPT1</td>
<td>DTPW1</td>
<td>DTPG1</td>
<td>DTPOP1</td>
</tr>
<tr>
<td>CCL 2</td>
<td>DTPK2</td>
<td>DTPT2</td>
<td>DTPW2</td>
<td>DTPG2</td>
<td>DTPOP2</td>
</tr>
<tr>
<td>CCL 3</td>
<td>DTPK3</td>
<td>DTPT3</td>
<td>DTPW3</td>
<td>DTPG3</td>
<td>DTPOP3</td>
</tr>
</tbody>
</table>

Please note
Instructions for measuring round knit starting on page 36.
### Lower limb
### Leg accessories round knit

**Topband sensitive** | **Advantage**
---|---
(mediven elegance, mediven plus) Request on measurement form and add DTTB to prescription. | Extremely breathable, attractive design for particularly sensitive skin, ladder-resistant finishing

**ADD Code No.** | DTTB

**Soft abdominal panel** | **Advantage**
---|---
(mediven elegance, mediven plus) Addition of soft panel on front of mediven plus and elegance tights. Request on measurement form and add DTSAP to prescription. | Comfort for a large or growing abdomen

**ADD Code No.** | DTSAP

**Men’s fly opening** | **Advantage**
---|---
(mediven plus) Request on measurement form and add DTFLY to prescription. | male fly opening

**ADD Code No.** | DTFLY
Colours
m2m round knit leg garments

**Lower limb - round knit**

mediven elegance

The elegant stocking in many fashionable colours and styles.

Indications:
- Varicose veins
- After varicose vein surgery
- Chronic venous disorders: mild oedema (C0s to C3 according to CEAP)

RAL Compression class: 1, 2

Available in standard and trend colours:

<table>
<thead>
<tr>
<th>Standard colours</th>
<th>Trend colours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sand</td>
<td>medi Magenta</td>
</tr>
<tr>
<td>Caramel</td>
<td>Powder</td>
</tr>
<tr>
<td>Black</td>
<td>Rosé</td>
</tr>
<tr>
<td>White</td>
<td>Bronze</td>
</tr>
<tr>
<td>Terra</td>
<td>Emerald</td>
</tr>
<tr>
<td></td>
<td>Ruby</td>
</tr>
</tbody>
</table>

**Important**

Trend colours take longer to make

**Lower limb - round knit**

mediven plus

The reliable stocking for every day.

Indications:
- Varicose veins
- Chronic venous disorders: mild to moderate oedema (C0s to C5 according to CEAP)
- Deep venous thrombosis, condition after thrombosis, post-thrombotic syndrome

RAL Compression class: 1, 2, 3

Available in standard and trend colours:

<table>
<thead>
<tr>
<th>Standard colours</th>
<th>Trend colours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caramel</td>
<td>Rosé</td>
</tr>
<tr>
<td>Black</td>
<td>Bronze</td>
</tr>
<tr>
<td></td>
<td>Moonlight blue</td>
</tr>
</tbody>
</table>
Ordering made easy

The made-to-measure (m2m) garments, options and colours featured are all available on prescription. Our aim is to ensure that they are manufactured and made available to your patients as soon as possible. The process for this is as follows:

1. Measure your patient and complete the relevant m2m form.
2. Arrange for a prescription to be completed with the relevant codes and descriptions. All garments are prescribed in single units, so for a pair of below knee stockings, please state either 1 pair or 2 items.
3. Add the codes and descriptions for any additional options that have been requested (ie add zip, add topband).
4. You and your patient then have 2 choices:

**ROUTE A:**

- Take both the measurement form and prescription to a local pharmacy for processing

  - Pharmacist orders from medi

  - Risk of lengthy delays in medi receiving measurement form from pharmacy

  - Product manufactured and sent to pharmacy for approval and collection

**ROUTE B:**

- Post both the measurement form and prescription to medi using freepost

  - Product manufactured by medi

  - Product checked by local pharmacy and posted either back to the clinic or directly to patient, whichever is requested

Route B is the quickest and also the simplest. Queries can be resolved directly and product is sent directly to clinic or directly to patient’s house.
Measuring and ordering

- made to measure -

Ordering tips
Measuring flat knit hand and arm garments
Tips for measuring flat knit hand / arm garments

Measuring points for hand garments should be marked prior to measuring.

1. Finger circumference
   a) Hand is resting lightly on a surface with the palm down
   b) Mark and measure circumference at the web between fingers
   c) Mark and measure the point where you would like the garment to finish (usually nail bed).

2. Finger length
   a) Hand is resting lightly on a surface with the palm down
   b) Length is measured from the web to the mark at Z

3. Hand circumference
   a) Hand should be pressed lightly on surface with the palm down
   b) Mark the measuring points on the hand and distal arm
   c) Measure circumference

4. Hand length
   a) Hand is resting lightly on a surface with the palm of the hand facing up
   b) Length is measured from mark to mark
Tips for measuring flat knit hand/arm garments

5. Arm circumference
   a) Lightly rest hand and forearm on a surface
   b) Mark measuring points for length measurement
   c) Measure circumference as shown

6. Arm length
   a) Lightly rest hand and forearm on a surface. Arm is extended
   b) Measure lengths from \( \ell C \) to \( \ell C_1 \), \( \ell C \) to \( \ell D \) and so on to \( \ell G \) following the contours of the arm

7. Upper arm circumference
   a) For the shoulder cap, measure from point \( G \) to \( H \), where \( H \) is where the bra strap sits. Do not measure past the bra strap.

8. Attachments
   a) Shoulder strap
      The length of the shoulder strap is measured according to method 1 or 2 (full circumference) depending on where you wish the strap to sit
   b) Anatomical shoulder caps are measured from the anterior to the posterior axillary fold (\( G1 \))
**Order Form**

Clinical contact: .................................................................
Order Ref No: .................................................................
Patient's Name: .................................................................
Measured by: ................................................................. Date: .................................................................
Contact Tel: ................................................................. Email: .................................................................

To be completed by Pharmacist
Deliver to: ........................................................................ Tel: .................................................................

Fax measurement form & order to wholesaler or medi UK Ltd - Fax: 01432 373510

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**Armsleeve**

Circumference and length measurements

- **A** – G For combined sleeve (no fingers). Complete ALL Measurements in **B**
- C – G For sleeve only.
  - ffingers required **C** must also be completed.

**For Combined (A-G)**

- **C** = Circumference at top of digit
- **X** = Circumference at base of digit
- **Z** = Length x to fingertip

**For Sleeve (C-G)**

- **H**

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**For Glove/Handpiece**

Handpiece

- (complete bold boxes on chart only)
  - Left [ ] or Right [ ]

Glove

- (complete all boxes on chart)
  - Left [ ] or Right [ ]
  - Fingers
    - Open [ ] or Closed [ ]

---

**Compression Class**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>glove/handpiece</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sleeve</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*combined sleeve</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*combined arm sleeve is same compression throughout

---

**Colour**

- If no colour specified, caramel will be supplied
  - Caramel
  - Sand
  - Black
  - Magenta*
  - Aqua*
  - Mint-green*
  - Blue-jeans*
  - Navy*
  - Anthracite*
  - Moss-green*
  - Cashmere
  - Cherry-red*
  - Coral*
  - Timeless*
  - Sportive*
  - Live Laugh Love*

**Patterns - Design-Elements**

- Further possible topbands:
  - Silicone Topband with motif (5 cm)
  - Proile toband (5 cm)
  - Sensitive toband (5 cm)

* Delivery period up to 10 working days.

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**Optional Extras**

- Silicone Topband [ ]
- Profile toband [ ]
- Sensitive toband [ ]

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**Quantity**

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**medi UK Ltd.**

Plough Lane, Hereford HR4 0EL
Tel: 01432 373508  Fax: 01432 373510  email: m2m@mediuk.co.uk

April 2018

medi does not take responsibility for contraindicated use of these garments or for incorrect measurements.
Measuring flat knit leg garments
Tips for measuring flat knit leg garments

In order to make an m2m garment we need to know the circumference measured at various points on the limb and exactly where they were measured (the length from a known point). Circumference and length measurements are taken in a distal to proximal direction. The measuring points on the leg must be marked so that the circumference and length measurements are taken at the same location. Our measurement forms are designed to make this process as simple as possible. Other details that we require as a minimum are the compression class and colour.

1. Foot circumference

a) Leg is resting relaxed on a horizontal support
b) During this measurement, the foot is relaxed, not held in a 90° position
c) Measure circumference according to whether an oblique or straight border are required

2. Leg circumference

a) Leg is lying in a relaxed position on a support.
b) For circumference measurement eY, flex foot in dorsal direction to maximum extent
c) Measure the remaining circumferences up to eF with the leg in a relaxed position
d) For circumference measurement eE, bend knee slightly
e) Mark measuring points

3. Leg length

Proximal length measurements need to be taken along the inside of the leg while the patient is standing.

medi uses the measurement method according to the guidelines of the Federal Academy for Orthopaedic Technology in Dortmund.
4. Border on thigh

a) Measure circumference $\alpha_G$ at the widest part on the thigh / below crotch
b) Measure length $\alpha_G$ along the leg with patient standing up
c) Measure $\alpha_K$, from ground to gluteal fold along body with patient standing up $\triangle$ posterior leg length
d) Measure $\alpha_K$, from ground to symphysis along body with patient standing up $\triangle$ anterior leg length
(Difference between $\alpha_K$ and $\alpha_K$, $\triangle$ high front / low back)

5. Waist / hip circumference / length

a) Measure circumference $\alpha_K$ with patient standing up at the widest section around both thighs below the gluteal fold
b) Measure circumference $\alpha_H$ with patient standing up at the widest section of the hips
c) Measure circumference $\alpha_T$ with patient standing up at the waist or the desired border
d) Measure length $\alpha_H$ along body up to desired height $= $ Exterior leg length

6. Waist / hip lengths

a) Measure anterior pelvic height $\alpha_{K1T}$ along body from crotch (symphysis) to waist or desired height
b) Measure posterior pelvic height $\alpha_{K2T}$ along body from gluteal fold to waist or desired height
7. Foot length
Open toe / oblique border

Measure lengths on the inside and outside of weight-bearing foot.

8. Foot length
Closed toe / oblique border

Measure lengths on inside, outside and entire weight-bearing foot.

9. Foot length
Open toe / straight border

Measure length on outside of weight-bearing foot.

10. Foot length
Open toe / straight border

Measure length of entire, weight-bearing foot. Generally, this design is made to allow a 6 cm long toe area.
This form is for mediven mondi flat knit prescription garments - below knee, thigh length, thigh length with waist attachment (TLWA), one legged panty and tights. Please complete all boxes relevant to your request.

Medi does not take responsibility for contraindicated use of these garments or for incorrect measurements.
Measuring round knit leg garments
Tips for measuring round knit leg garments

- **cA, cA, cF**
  - Take circumferential measurement **cA** just behind the joint at the base of the toes where the little toe begins.
  - The length of the foot for open toe stockings is determined by the length measurement **cA** which is measured from the ridge of the heel to measurement point **cA**.
  - The length of the foot for closed toe stockings is measured from the ridge of the foot to the tips of the toes.

- **lA**
  - Take the circumferential measurement **cA** just behind the joint at the base of the toes where the little toe begins.
  - The length of the foot for open toe stockings is determined by the length measurement **lA** which is measured from the ridge of the heel to measurement point **cA**.
  - The length of the foot for closed toe stockings is measured from the ridge of the foot to the tips of the toes.

- **cY**
  - Take the circumferential measurement **cY**, around the heel and the instep, with the foot in maximum dorsal extension.

- **cB, lB**
  - Take the circumferential measurement **cB** and length measurement **lB** at the narrowest circumference of the leg below the knee, directly above the ankle. This measurement above the ankle bones is especially important for selecting the stocking size, because the pressure here will be 100%.

- **cB′, lB′**
  - The circumferential measurement **cB′** and the length measurement **lB′** are at the point where the calf begins, or at the transition point to the Achilles tendon.

- **cC, lC**
  - Take the circumferential measurement **cC** and length measurement **lC** at the widest circumference of the calf.

- **cD, lD**
  - Take the circumference **cD** and length **lD** measurements about two fingerbreadths below the hollow of the knee at the level of the head of the fibula.

- **cE, lE**
  - The circumferential measurement **cE** is the circumference of the knee. Measure it below the hollow of the knee and all the way round, in the middle of the kneecap. The leg should be slightly bent. Take the length measurement **lE** when the leg is straight.

- **cF**
  - Circumferential measurement **cF** and length measurement **lF** are located where the inner thigh muscle begins or in the middle of the thigh.

- **cG, lG**
  - Take the circumferential measurement **cG** about 3 cm below the crotch.

- **cK**
  - Take the circumferential measurement **cK** at the height of the g measurement, around both legs.

- **cT**
  - Take the circumferential measurement **cT** round the waist.

Front panty top length
- Measure from the crotch to the waist. It is however more comfortable for the patient if you go 3 cm to the side of the crotch and measure the panty top length from there.

Back panty top length
- Measure from the gluteal fold to the waist. If the patient requests a longer or shorter panty top, you must measure to the length the patient requests. The “waist” point is only the standard length.
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Measuring tips