

Tips for Limb Measurement

- Limb circumference measurements help monitor for complications
- Some size differences between the right and left limbs are normal

How to position the child when measuring:

Arms: Sitting up with arms positioned straight down one each side



Legs: Laying down with legs straight

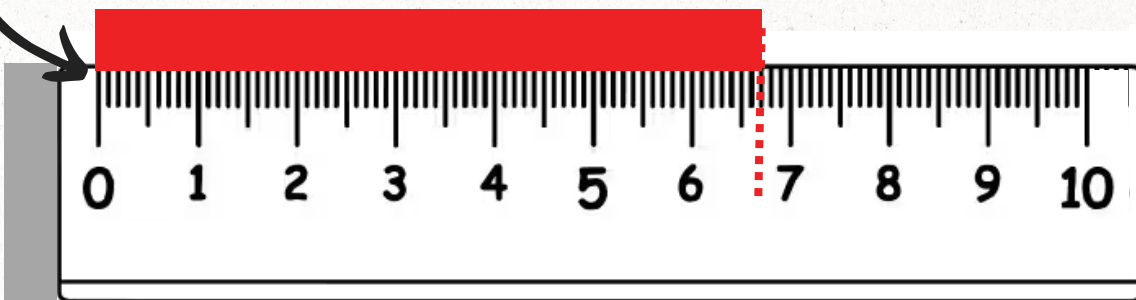


Using a measuring tape:

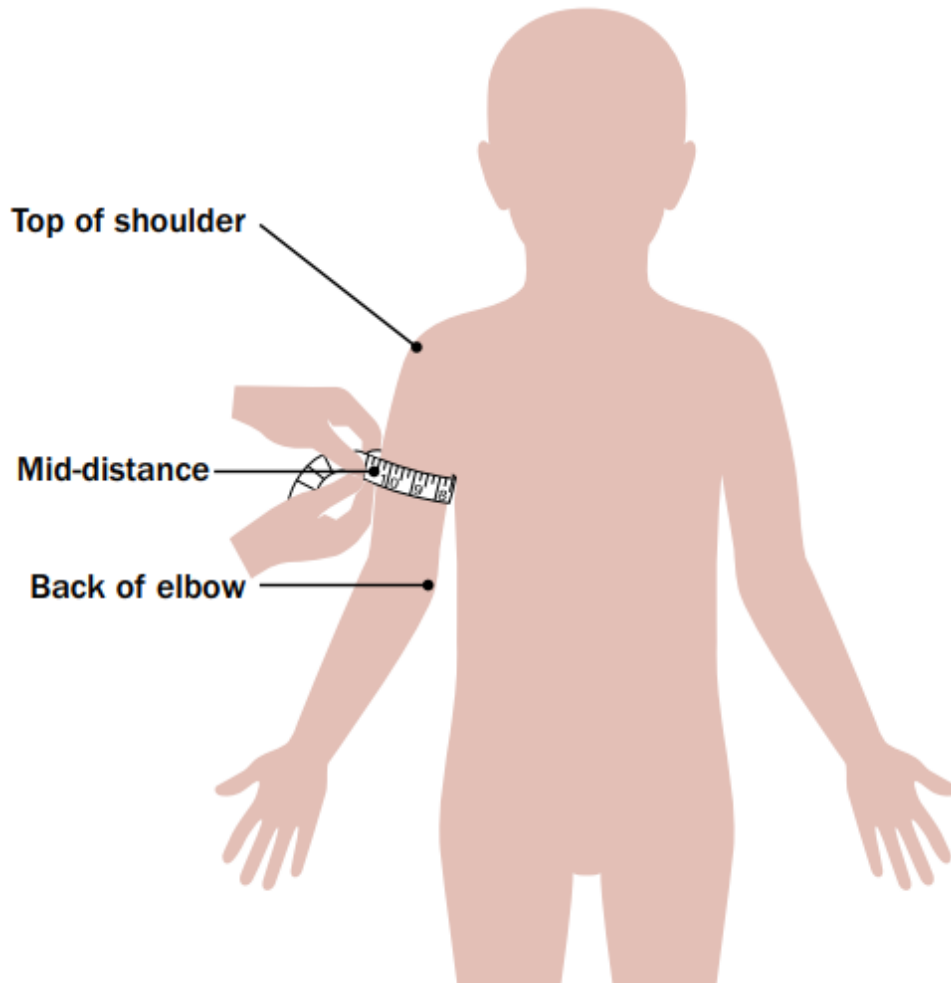
The measuring tape must encircle the limb, but not too tightly or loosely

Start **HERE**

Example: this is 6.7cm



Arm Measurement Technique



1) Find the point between the shoulder and the back of the elbow (mid-distance) and **mark the skin** at this point

2) Find and **mark the skin** at same point (at the same level) on the other arm

3) **Check** that the points in both arms are at the **same level**

4) **Measure the circumference** around the points that you marked (mid distance)

5) Write down the circumference in centimetres