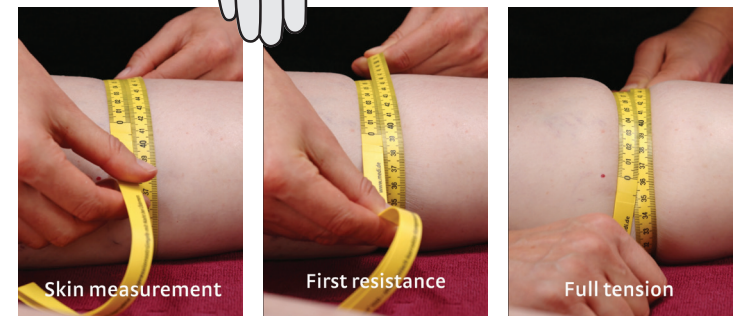


# Quick Guide

medi

Landmark location		Landmark tension
End of garment	T	Skin measurement
Widest hips	H	Full tension (Anchor)
Gluteal fold	K	Same as G
2 fingers below groin	G	First resistance or more
Middle of thigh	F	Full tension (Anchor)
	cE	First resistance or more
Center of patella	ℓE	
2 fingers below patella	D	First resistance for AD Full tension for AG & AT
Widest calf	C	Full tension – (Anchor)
Base of calf	B1	First resistance
Smallest ankle	B	First resistance or more
Instep	Y	Skin measurement (dorsiflexion)
Base of toes	A	First resistance

Landmark location		Landmark tension
Top of garment	G	First resistance
Middle of upper arm	F	Full tension (Anchor)
Elbow	cE ℓE	First resistance or more
Widest forearm muscle	D	Full tension (Anchor)
Muscle flare	C1	First resistance
Wrist crease	C	Skin measurement

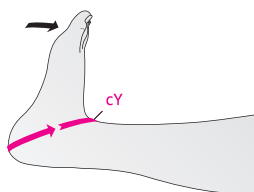


# Quick Guide

## Quick Guide

medi

### Measuring cY: Heel and instep with full dorsiflexion



Circumference cY is never measured under tension!

- Pull toes up to establish largest measurement
- Include overhanging soft tissue in this measurement
- Avoid measuring in ankle skin fold



### Utilize Y knitting mark for:

1. Patients with creases or folds at ankle from advanced edema.
2. Patients who have a lot of edema in the heel area and below ankle.

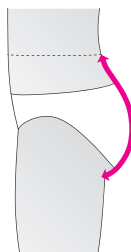
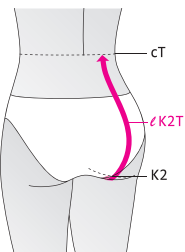
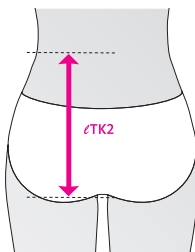


Y-Knitting mark



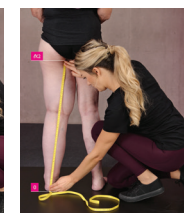
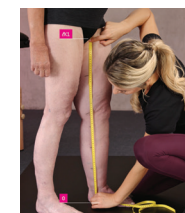
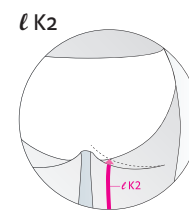
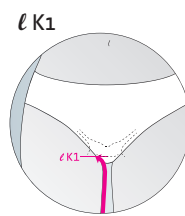
No Y-knitting mark

### Landmark: lK2T



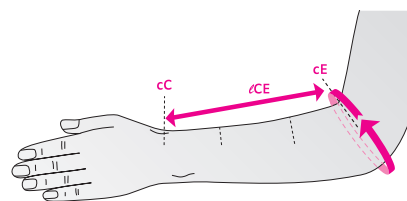
Place tape in the transverse gluteal fold and pull tightly upward to marked T point, molding tissue  
**\*Add 4 cm to allow for good placement in standing and sitting**

### Measuring lK1 and lK2

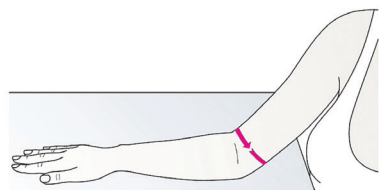


**\*Measurement required for thigh-high and waist-high garments.**  
**Length measurements should always follow the contour.**

### Landmark: lE vs cE for arm

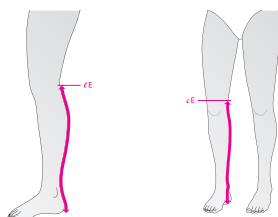


1. lE taken to elbow crease.



2. cE taken 1 finger width above elbow crease.

### Landmark: lE vs cE for leg



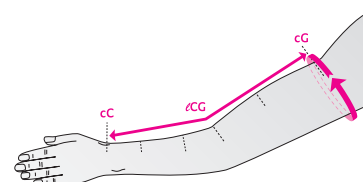
1. lE taken to the center of patella.
2. cE taken 2 finger widths above patella.



Measurement lE1 is taken to the pit of the knee medially or posteriorly and must be at least 1 cm lower than lE.

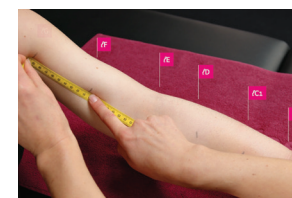
### Measuring proper arm length

Record the measurements of the full length of the arm in 3 different positions.



1. Regular technique in sitting
2. Standing with arm at side in relaxed position
3. On fitter's shoulder, straight, not overly extended

**The average of these three measurements is used for the arm length of G and can be entered into the order form.**



## Custom Flat-knit options

**medi**

**Flexure functional zones**



**Hallux ease zone**



**Varus ease zone**



**cosy 450 lateral seam**



**Anti-slip silicone dots**



On the  
sole of  
the foot



Over  
the  
knee



Along  
the  
oblique

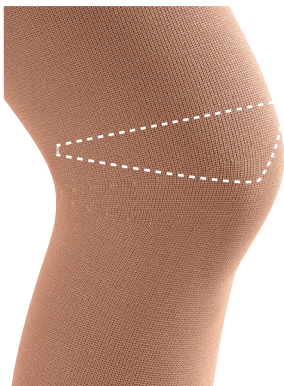


Palm  
of hand

**Silicone top bands**



**Knitting marks**



**Oblique endings**



**Silk lining**



**Lymph pads**



**Levamed**





## Custom circaid® profile options

medi

### Arm



Fused EZ-on system



High-energy oversleeve



Extended Gauntlet



Foam finger zones



No thumb



No lateral rise



Split sleeve



### Leg



Fused EZ-on system



Non-skid pad on sole



High-energy oversleeve



Lateral rise at D



No lateral rise



Extended foot to  
end of toes



EZ-open at G



EZ-open panel at D