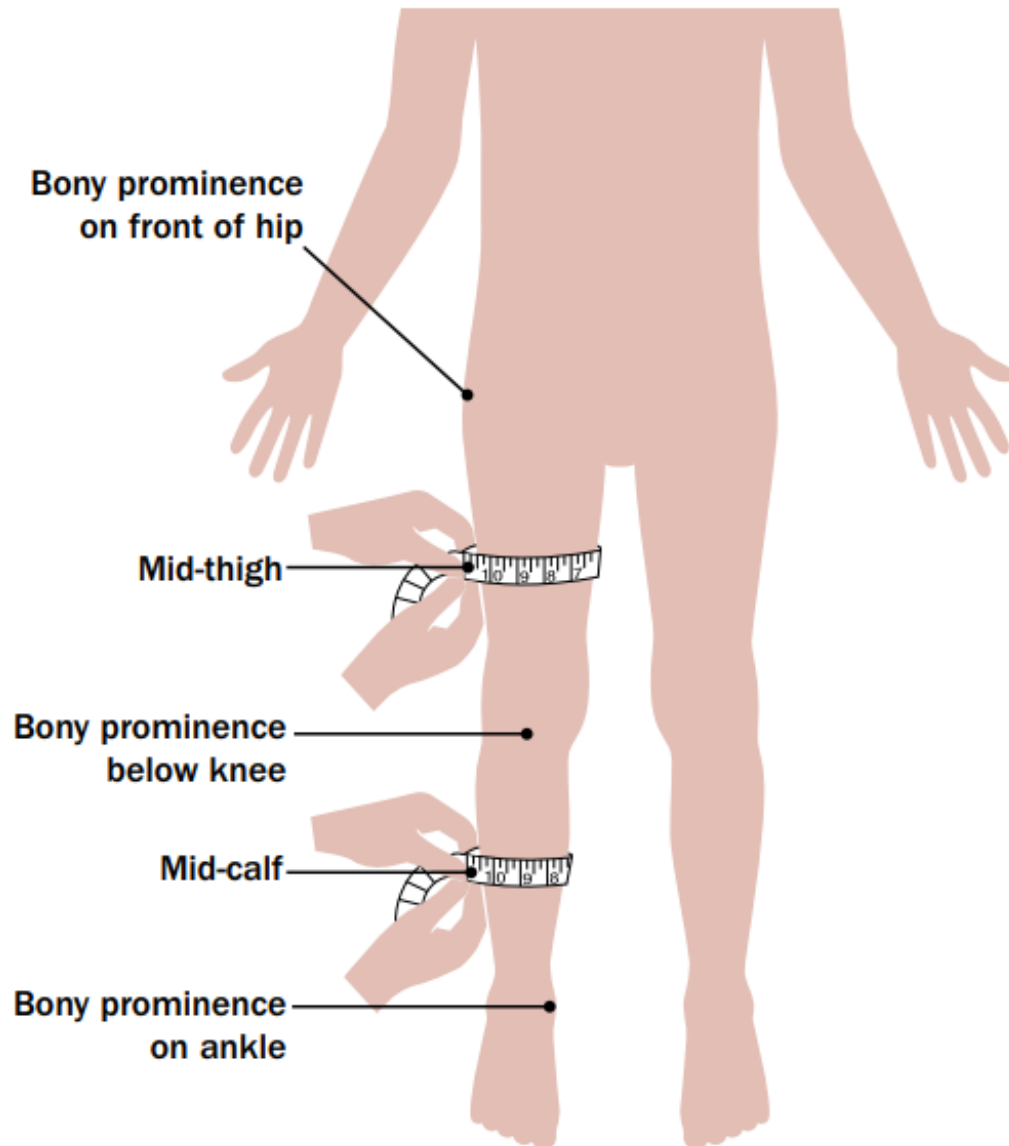


Leg Measurement Technique



To measure the mid-thighs:

- 1) Find the point between the hip and the bony part just below the knee. **Mark the skin** at this point (mid-thigh)
- 2) Find and **mark the skin** at same point (at the same level) on the other thigh
- 3) Check that the points in both mid-thighs are at the same level
- 4) **Measure** the circumference around the **mid-thighs**
- 5) Write down the circumference in centimetres

To measure the mid-calves:

- 1) Find the point between the bony part just below the knee and the bony part of the ankle and **mark the skin** at this point (mid-calf)
- 2) Find and **mark the skin** at same point (at the same level) on the other calf
- 3) Check that the points in both calves are at the same level
- 4) **Measure** the circumference around the **mid-calves**
- 5) Write down the circumference in centimetres