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

Example: this is 6.7cm
**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.