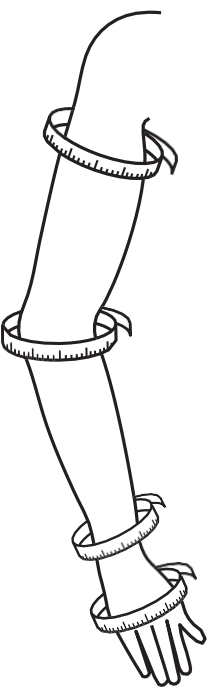


# Lymphoedema Service

## Self-Measurement Chart for Arm and Hand

The measurements of your arm/hand are remaining steady, so the provision of your compression arm sleeves/gloves that are available on prescription is being transferred to your GP via Patient Choice. Compression sleeves and gloves should be renewed every six months and it is important that you measure your arm/hand prior to your prescription request.

## How to Measure your Arm and Hand



Circumference of top of arm

Circumference of elbow

Narrowest circumference of wrist

Circumference of hand

Sleeve/glove type: \_\_\_\_\_ PIP

(Pharmacy) code: \_\_\_\_\_

## Contact Information

Contact the Arthur Rank Hospice Lymphoedema Service **01223 675765** if your measurements are outside the limits given or you have any concerns or queries regarding your lymphoedema.

Contact Patient Choice on **0800 862068** for repeat prescriptions or contact your GP if your arm/hand becomes red/hot/increasingly swollen and you feel unwell (as this may be a sign of cellulitis).

## Arm Exercises

For specific arm exercises for lymphoedema, please visit our website [arhc.org.uk/supporting-you/care-services/lymphoedema-service/](https://arhc.org.uk/supporting-you/care-services/lymphoedema-service/)

## Arm Measurement Chart

	Hand - cms	Wrist - cms	Elbow - cms	Top of arm - cms
Date				

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.