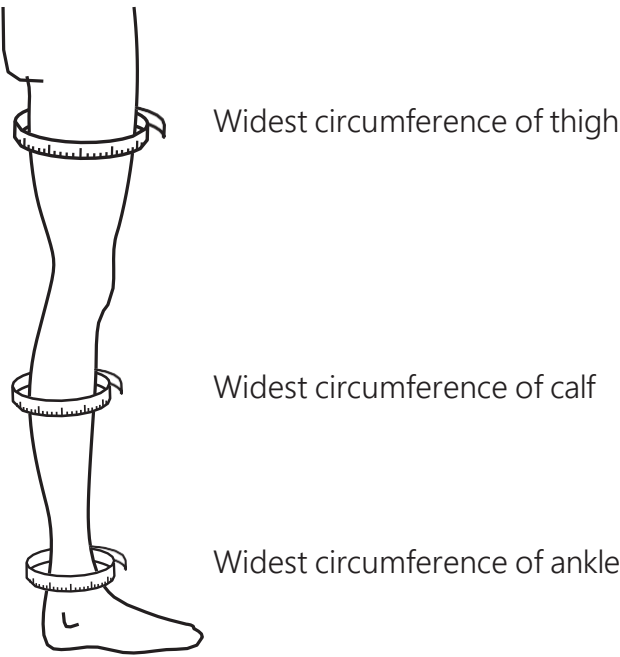


Lymphoedema Service

Self-Measurement Chart for Legs

The measurements of your leg(s) are remaining steady, so the provision of your compression hosiery, that is available on prescription, is being transferred to your GP via Patient Choice. Compression hosiery should be renewed every six months and it is important that you measure your leg(s) prior to your prescription request.

How to Measure your Leg



Hosiery type: _____ PIP

(Pharmacy) code: _____

Contact Information

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

Contact Patient Choice on **0800 862 0686** for repeat prescriptions or contact your GP if your foot/leg becomes red/ hot/increasingly swollen and you feel unwell as this may be a sign of cellulitis.

Leg Exercises

For specific leg exercises for lymphoedema, please visit our website arhc.org.uk/supporting-you/care-services/lymphoedema-service/

Leg Measurement Chart

	Ankle - cms	Calf - cms	Thigh - 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.