

# TIPS FOR MEASURING CUSTOM BRACES

Have patient standing (If patient is sitting ensure leg is in full extension & foot is Dorsiflexed)

## STEP 1 - LANDMARK THE LEG

### JOINT SPACE

1. Draw a line at medial joint space
2. Draw a line across the patella 2cm above joint space = joint axis (approx mid-patella)

### TIBIAL CREST

3. Mark the Tibial Tuberosity & extend line to 15cm below the Tibial Tuberosity

### ANY SPECIAL MARKINGS

4. Prominent Fibular Head, etc.

## STEP 2 - TAKE MEASUREMENTS

### CIRCUMFERENCES

- 15cm Above Joint Axis
- 7.5cm Above Joint Axis
- 15cm Below Joint Axis
- 7.5cm Below Joint Axis

### CLINICAL TIPS

For PCL custom braces, an additional two circumference measurements are required: **20cm below and above mid patella**

### CALIPER AT THE ML (Joint Axis)

- Use Constant Force Caliper if available
- Take M/L measurement with slight compression of the tissue
- If not using constant force caliper Increase compression on 'fleshy' legs

Note: If your patient has atrophied or swollen knee that is likely to change repeat

Step 2 measurements of opposite limb for comparison.

## STEP 3 - PHOTOGRAPHS

(ensure photos are taken against a blank/ contrasting background)

- Align camera at Mid Knee (do not tilt the camera)
- Capture 20cm above & below Mid Knee
- Ensure Patient:
  - Is standing comfortably in full extension (not locked out) and in uncorrected position
  - Has equal weight distribution - leg as straight as possible
  - Has shoes removed
- Check the pictures before the patient leaves

\* OA braces have standard correction of 4°. If you require an alternate correction specify angle on order form.

### ANTERIOR PHOTO

- Ensure the photo is taken in the line of progression (equal view of medial & lateral contours)

### LATERAL PHOTO

- Ensure leg is vertical with opposite limb out of image (consider using a sheet between legs to hide opposite limb)

### ADDITIONAL PHOTOS

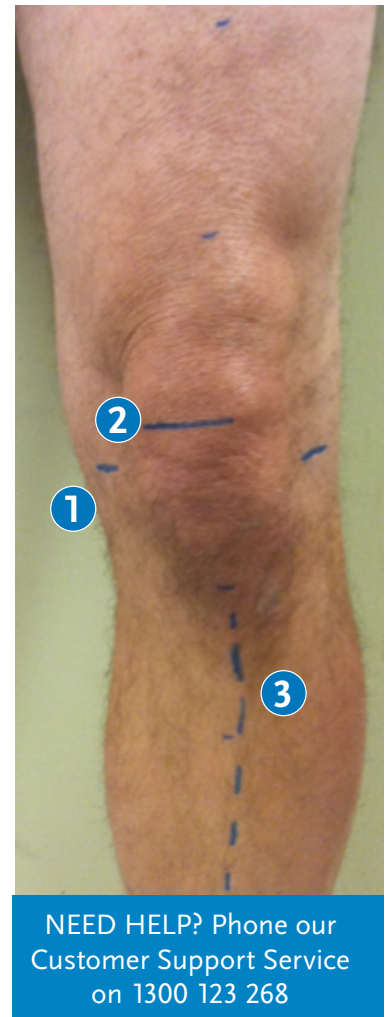
- Include photos of any special conditions. Eg. Prominent fibula head, scar tissue etc.

## STEP 4 - BILATERAL BRACES

For Bilateral brace orders, repeat steps 1-3 on opposite leg

## STEP 5 - SUBMIT MEASUREMENTS

Scan the measurement form and email the form and photos to [customer care.au@ossur.com](mailto:customer care.au@ossur.com)



NEED HELP? Phone our Customer Support Service on 1300 123 268