

SmartMeasure Best Practices

Step 1. Landmark the leg with the patient standing, weight-bearing evenly on feet, shoulder width apart.

Mid-Patella

- Mark top edge and bottom edge of the patella and draw a line across the middle of the patella.

Circumferential Landmarks

(extend these lines to lateral side of leg)

- 7.6cm and 15.2cm above mid patella
- 7.6cm and 15.2cm below mid patella

Tibial Crest

- Bisect the tibial tuberosity and draw a line down the crest of the tibia to the 15.2cm circumference mark.

Any Special Markings (optional)

- Prominent fibular head, screws, etc.



Step 2. Take Measurements (metric)

Have patient standing with feet shoulder width apart, equal weight on both feet and in full knee extension while standing in front of blank background.

Circumferences

- Using a tape measure in cm, take and record all circumferences requested in SmartMeasure.
- Do not apply tension to the tape measure when measuring (especially for soft/fleshy legs).

Caliper at the ML

(constant force caliper is ideal)

- Align the middle of the caliper with the mid patella line, and square to the leg.
- Allow the caliper to settle into the leg before taking reading (do not force closed or hold open).
- If using a manual caliper, take ML without tension.



Step 3. Photos

Hold camera straight up and down (green grid).

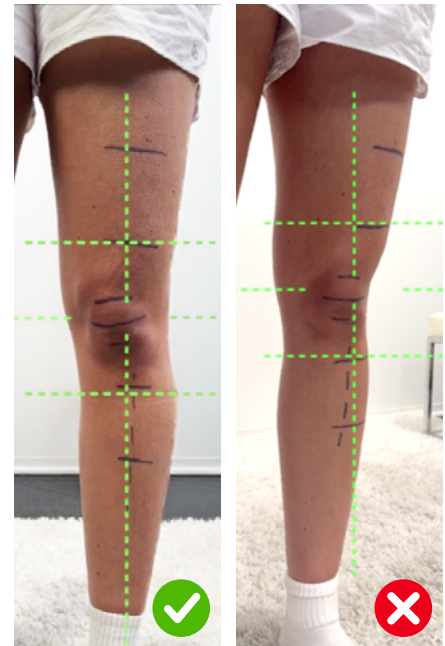
Align center of horizontal grid through Mid-patella and align the top and bottom horizontal grid lines to the 7.6cm measurement marks to capture the entire leg.

Anterior Photo

- Photo should be “straight on” with contours of both the medial and lateral side of the knee clearly visible, you may need to adjust your positioning if the patient’s leg is rotated inward or outward.

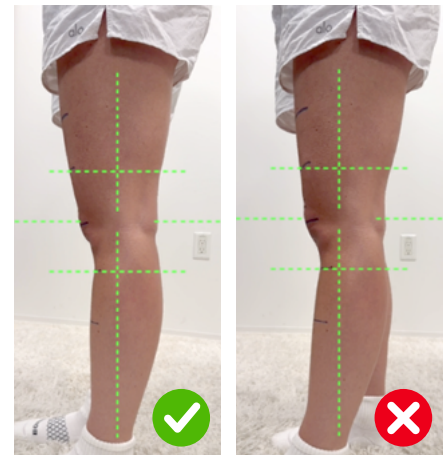
Lateral Photo

- Position patient to only capture the leg you are measuring.
- Ask patient to look straight ahead, if looking down at the knee.



Tips for Successful Photos

- Have patient wearing shorts or pant legs that roll up easily, pant leg on unmeasured side should not interfere with photos.
- Patient can be wearing shoes if they have orthotics.
- Ensure you have good lighting.
- Use a blank background, move chairs and other furniture out of frame if possible.



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