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Measure-Up™ Armsleeve

THIS PACKAGE CONTAINS

- (1) Measure-Up™ Armsleeve
- (1) Hand Cover
- (2) Assured Gradient Measuring Cards
- (1) Comfort Arm Liner™
- (1) Comfort CoverUp™
- (1) Instructional DVD

If any of these items are missing, please contact CircAid® at (800) CIRCAID (247-2243).
Instructional Videos are available for download on the web at www.circaid.com.

CARE AND MAINTENANCE



HAND WASH - WARM*



DRIP OR LINE DRY*



DO NOT BLEACH



DO NOT IRON



DO NOT DRY CLEAN



DO NOT WRING

*To extend the life of your Measure-Up Armsleeve™, Comfort CoverUp™ and Comfort Arm Liner™ hand wash and drip or flat dry. The Comfort CoverUp™ and Comfort Arm Liner™ can also be machine washed using a gentle cycle and dried on a low heat setting. It is recommended that the Comfort CoverUp™ be washed and dried alone or in a pillowcase to prevent lint from getting caught in the hook tape.

Note: A Comfort CoverUp™ has been provided with this garment. It can be applied over the Measure-Up™ Armsleeve to prevent the collection of lint on the tabs and to protect surrounding fabrics during night use. Should lint collect on the tabs, it can be removed with tweezers.

MU-AS-DFU-112012-01

MEASURE-UP™ ARMSLEEVE

COMPONENTS OF MEASURE-UP™ ARMSLEEVE:

Nylon, Polyethylene Plastic, Cotton, Lycra®, Polyester, Neoprene, Polyurethane Foam, Steel (D-Rings)

THIS PRODUCT DOES NOT CONTAIN LATEX.

INDICATIONS FOR USE: Lymphedema.

CAUTIONS: Decreased or absent sensation in the arm, Sensitivity to product components.

CONTRAINDICATIONS: Severe arterial insufficiency, acute infection.

A prescription is required for custom garments. This garment is not designed to be cut or modified, except as outlined in the directions for use; doing so will void the one year limited warranty.

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IMPORTANT REMINDER:

The therapist or clinician should have patients return at least one month after they have been wearing the armsleeve. If reduction is achieved, a different number on the measuring card may need to be used.

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HAND COVER DIRECTIONS FOR USE

DONNING THE MEASURE-UP™ HAND COVER

STEP 1: Right and Left Hand Covers are different; make sure to verify the correct one is being used.

STEP 2: To apply the hand wrap, tighten the first armsleeve strap as per the sleeve instructions. Be sure not to tighten the strap too tight at this point. Make sure your hand is positioned with the thumb pointing upwards between the edges of the inner lining. The base of the armsleeve should be at the wrist.

STEP 3: Position the hand cover on the outside of the sleeve on the lateral part of the arm, so that the straps extend from the back of the hand past the thumb to the palm, pointing in the opposite direction as the arm straps.

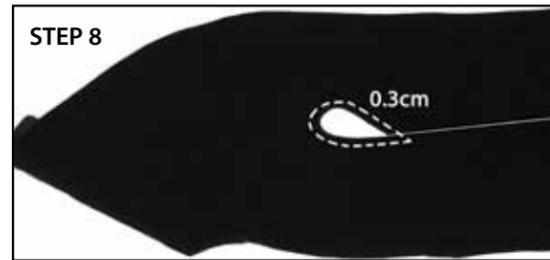
STEP 4: Once the proper position of the hand cover has been determined, reattach it in the same position under the first strap on the armsleeve so it can be left in place for subsequent applications.

STEP 5: Unroll the hand strap closest to the armsleeve, and wrap the strap around the hand between the thumb and the wrist. Attach to the back of the hand.

STEP 6: If necessary, realign the inner lining so that it extends along the base of the fingers, then wrap the other hand strap around the palm of the hand. The edge should be at the base of the fingers. Fasten to the back of the hand.

STEP 7: Readjust the two bands as needed, so that they provide firm and comfortable compression. If the opening for the thumb does not align with the thumb, reposition the hand cover on the armsleeve (step 3 above).

STEP 8: If the wrap still binds around the base of the thumb, the circular opening for the thumb can be cut larger. To avoid cutting too much, cut no more than 0.3cm at a time. Foam padding can also be used to protect this area if needed: place the padding around the base of the thumb under the hand cover.



REMOVAL

To remove the wrap unfasten the two bands and roll them back onto themselves.

ARMSLEEVE DIRECTIONS FOR USE

DONNING THE COMFORT ARM LINER™

Slide the Comfort Arm Liner™ all the way up to the axilla. The thumb should extend through the hole, and the end of the sleeve should be at the base of the fingers.

DONNING THE MEASURE-UP™ ARMSLEEVE

STEP 1: Slide the armsleeve all the way up to the axilla. The thumb should extend through the side of the foam liner, and the end of the sleeve should be at the base of the fingers. Ensure that:

- The foam padding sandwiches the hand.
- The thumb has mobility.
- The gradient measuring strip is positioned on the inside of the arm.
- The D-rings are located on the inside of the arm, with the straps pointing away from the body.

FASTENING THE MEASURE-UP™ ARMSLEEVE

STEP 2: Smooth the arm liner beneath the armsleeve so that there are no wrinkles.

STEP 3: Apply the Measure-Up™ Hand Cover, see "Donning the Measure-Up Hand Cover" above.

STEP 4: Lift up the strap nearest to the wrist, pull the strap up and away from the arm, and then around the top of the arm and fasten to the sleeve.



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USING THE ASSURED GRADIENT SYSTEM



STEP 5: The armsleeve is provided with a measuring system to assist in obtaining the proper gradient compression. Tighten the wrist strap to firm and comfortable compression, then align the Assured Gradient Card on the vertical measuring guides (on the double striped neoprene) at the wrist. Match the "X" to one vertical guideline, and then use the scale to measure where the other vertical guideline falls.

STEP 6: Going up the arm, tighten each strap so that the card measures the same value as at the wrist. If a strap is over-tightened, it is best to completely loosen it before resetting to assure an accurate reading.

STEP 7: When finished, recheck that the card measures the same value at each of the straps.

APPLYING THE COMFORT COVERUP™

STEP 1: Ensure that all tab ends of the armsleeve are securely fastened to the garment.

STEP 2: Remove the small piece of loop secured between the hook tabs on the Comfort CoverUp™. Lay the Comfort CoverUp™ out flat and fold over the top edge so that the two hook tabs are visible.

STEP 3: Slide the Comfort CoverUp™ over the armsleeve and secure the hook tabs on the Comfort CoverUp™ to the garment once it is in its desired position.

REMOVAL

STEP 1: Disengage the two hook tabs on the Comfort CoverUp™ from the armsleeve, fold over the top edge so the hook tabs are visible, and slide the Comfort CoverUp™ off the arm before removing the armsleeve.

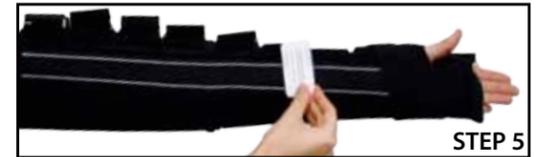
STEP 2: Disengage all tab ends of the Measure-Up™ Armsleeve and loosen the straps.

STEP 3: Refasten the tab ends at their loosest position.

STEP 4: Unfasten the Hand Cover's bands and roll them back onto themselves.

STEP 5: Slide off the armsleeve. Once complete, it should resemble how it looked before it was donned.

STEP 6: Slide off the Comfort Arm Liner™.



The Measure-Up™ Armsleeve or Hand Cover should never hurt. They should feel firm but comfortable. If pressure increases or decreases noticeably during wear, loosen or tighten the bands accordingly. Always wear an arm liner beneath the armsleeve.

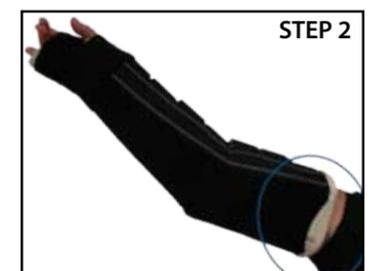
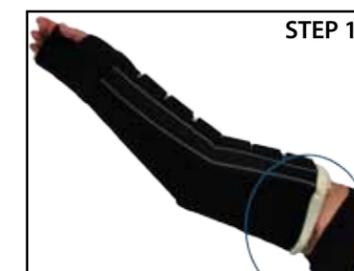
! IF YOU ARE EXPERIENCING ANY PAIN, IMMEDIATELY REMOVE THE MEASURE-UP™ GARMENT AND CONSULT YOUR PHYSICIAN.

Shortening the Measure-Up™ Armsleeve Fit - FOR CLINICIAN USE ONLY!

STEP 1: Apply the armsleeve to patient's arm and determine amount to be cut at axilla before removing.

STEP 2: Cut a crescent up to 2 cm deep using bandage scissors, re-apply to arm and review modified length (do not cut into neoprene).

STEP 3: If armsleeve is still too long, cut the crescent up to 2 cm more and re-apply.



If further assistance is required, please contact Customer Service by phone at (800) CIRCAID (247-2243) or by email at info@circaid.com