

Our Top Tips and Advice

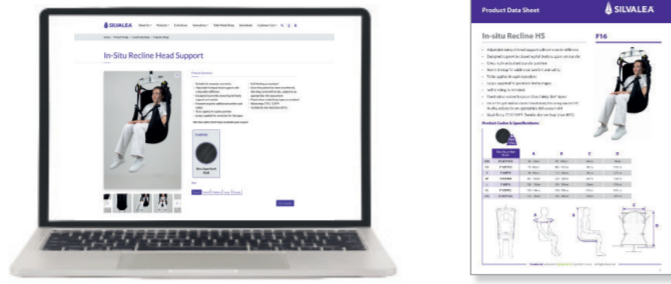
When it comes to measuring a patient for a sling or a mobility/transfer aid, we know it can sometimes be difficult or even uncomfortable for both patient and care giver. So we've created this guide to help you obtain more accurate measurements in a more professional way.



Here are some helpful pointers below...

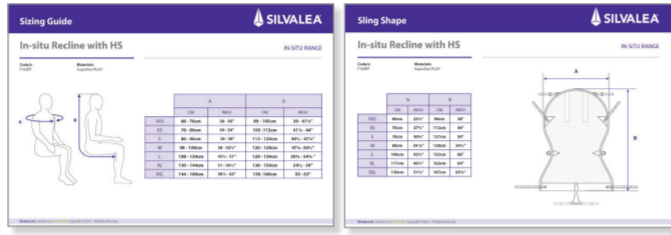
Choosing The Right Sling

Silvalea.com is an excellent resource of information to help you choose the most suitable patient transfer product for your scenario and hoist type. Every product page includes a product data sheet, sling shape guide and a body size guide converted into inches and centimetres.



Size Guides and Sling Shape Guides

Start with the sizing guide to check what dimensions are required for your specific product. For example, if the sling has an integrated head support, you will need to take the patient's measurements from top of head to the base of spine.



Correct Tape Measure

Use a soft flexible tape measure. However, please be aware over time tape measures can stretch.



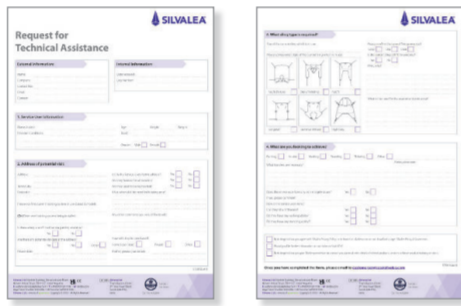
Patient positioning

Depending on which body measurements are required, read the full guide on how to obtain accurate measurements by correctly positioning your patient. By using an upright chair or supine position on a bed, gain the access you need in a comfortable way for all.



Request for Technical Assistance

If you cannot find the right product on our website, or simply have a body shape so unique that do not fit the parameters of our sizing guides, Silvalea can offer a world class tailor made service. With help from an e-assessment our technical team can create a bespoke product for your individual patient measurements, requirements and scenarios.



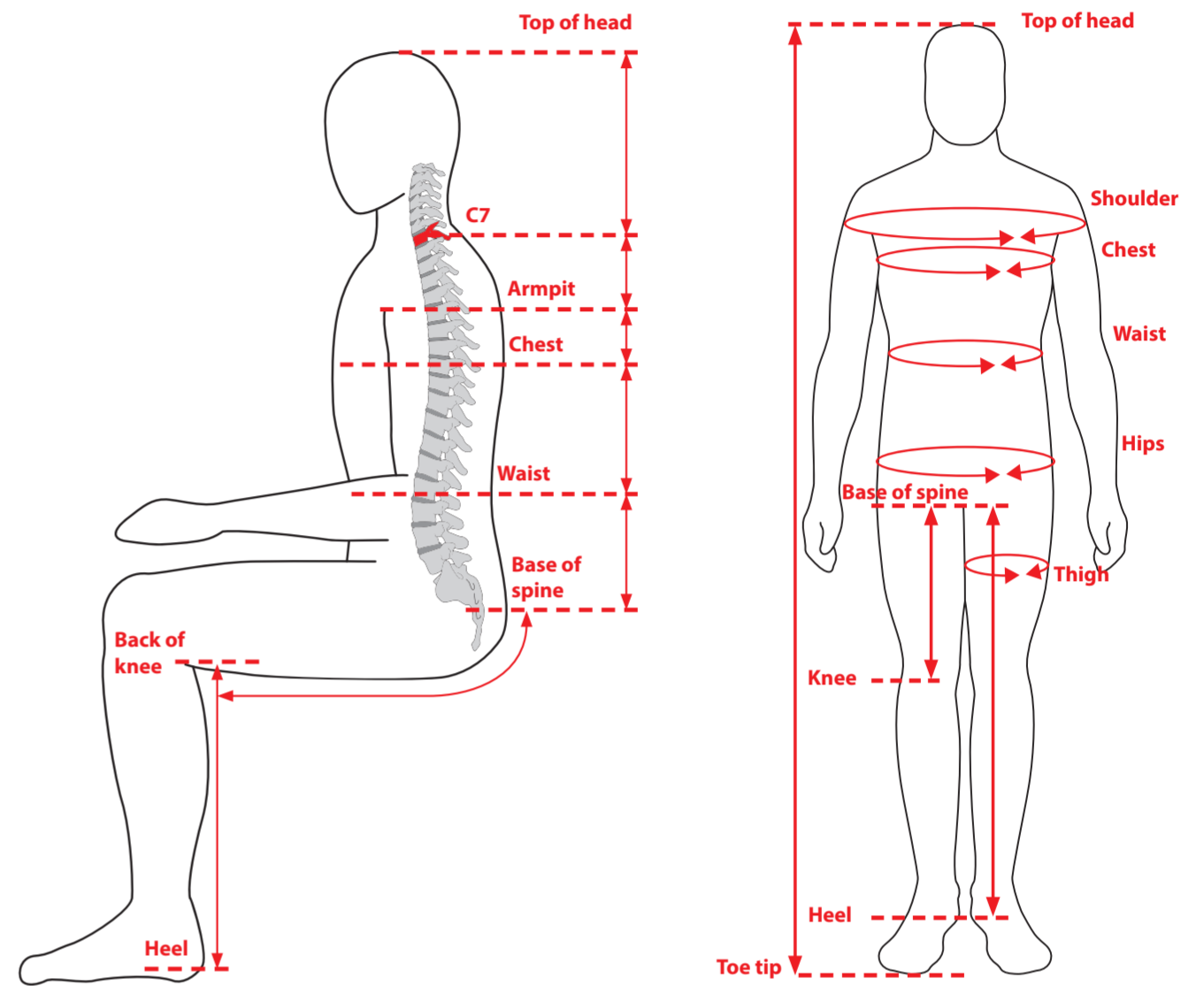
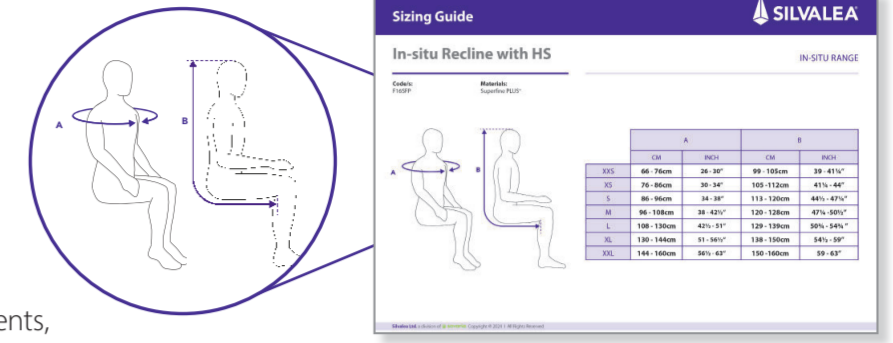
Where do I start and finish to take body measurements?

Firstly, check what body measurements the sizing guide requires for your product.

For example, the guide opposite requires an **A** measurement (shoulder circumference) and a **B** measurement (Top of head to back of knee).

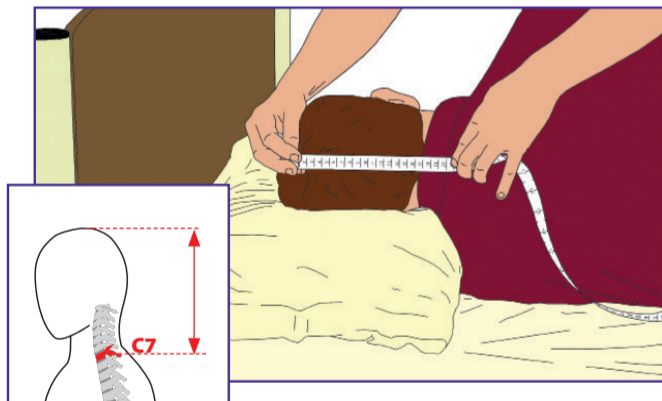
Use the diagrams below as a guide to place your tape measure in the correct start and finishing points.

Once you have taken down your measurements, refer back to the size guide to see which are the closest parameters for your patient's body shape.



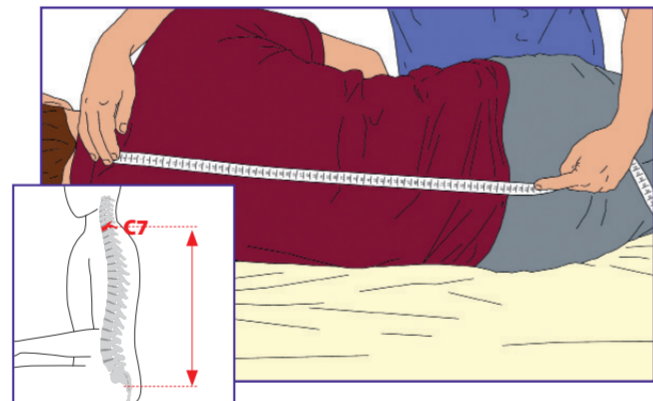
The following measurements are more easily obtained with the patient on a bed or on their side in a recovery position...

The following measurements are more easily obtained with the patient in an upright, sitting or standing position...



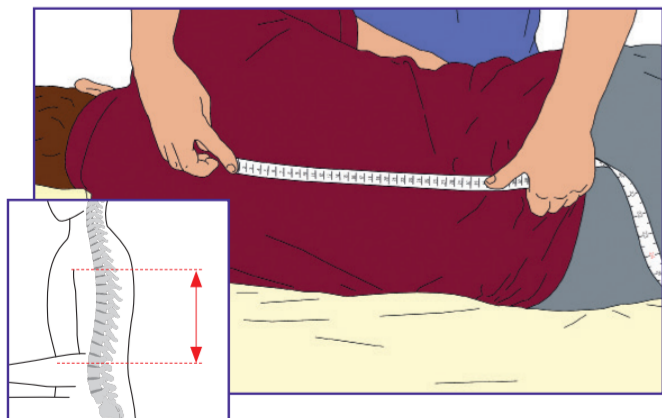
Top of head to C7

Ensure the head is positioned in an upright/natural position as if the head is bent forward or to the side a longer measurement will be obtained resulting in the head support being too long and 'hooding' over the head. A head support measurement is usually between 18-24cms.



C7 to base of spine

Ensure the patient is as straight as possible. If patient is bent or curled forwards, a longer spine measurement will be obtained resulting in the sling being too long in the back.

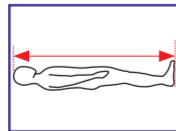


Armpit to waist

With the patient on their side take the measurement centrally down the spine (in line with the arm pit). This measurement is required for a specific waist support position.

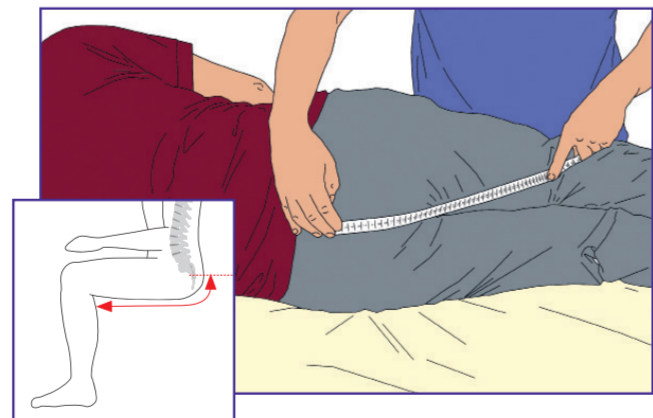
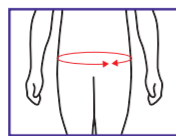
Full height of patient

If height not known take measurement with the patient laid flat on their back as straight as possible.



Circumference around widest part of hip

This measurement is best taken with the patient on their back on a bed.

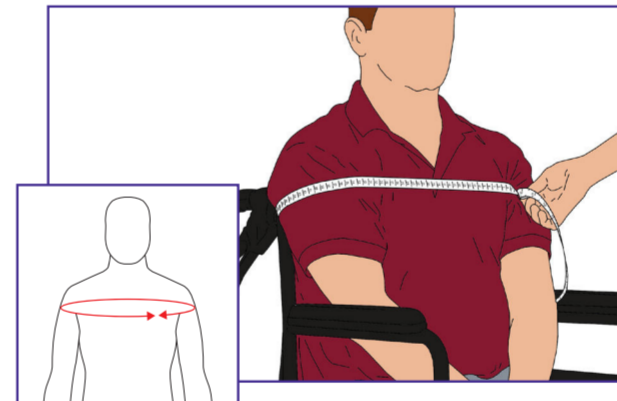
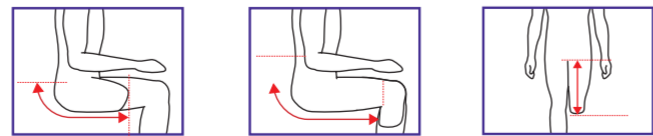


Base of spine to back of knee

Take measurement from the base of spine around fullness of the buttock and in behind the knee. It is important to encompass the fullness of the bottom to ensure the sling legs are long enough.

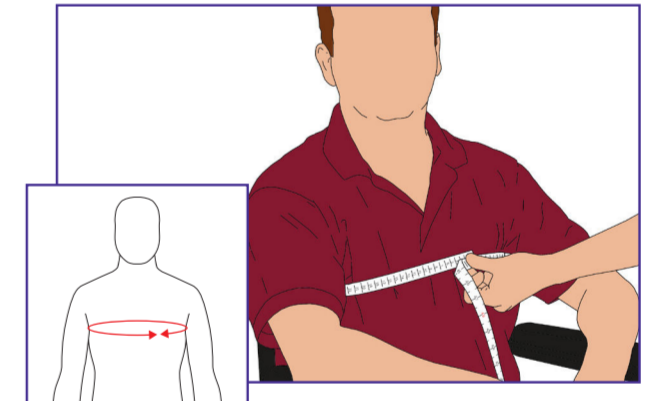
Amputees base of spine to back of knee

Take measurement from base of spine to point of amputation and/or groin (inside leg) to point of amputation.



Circumference around shoulders

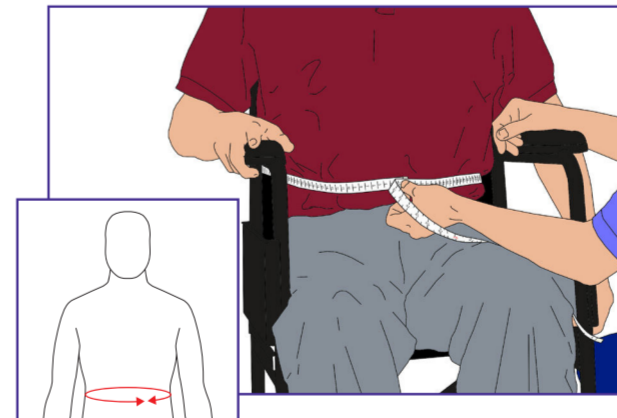
If taken on the bed lay your patient on their back in a natural position with the arms in mid line. Measure fully around the shoulders (approx 8-10cms down from the top at the widest point).



Circumference around chest

This measurement is required for a chest support.

NB: Take measurement under the bust for a woman.

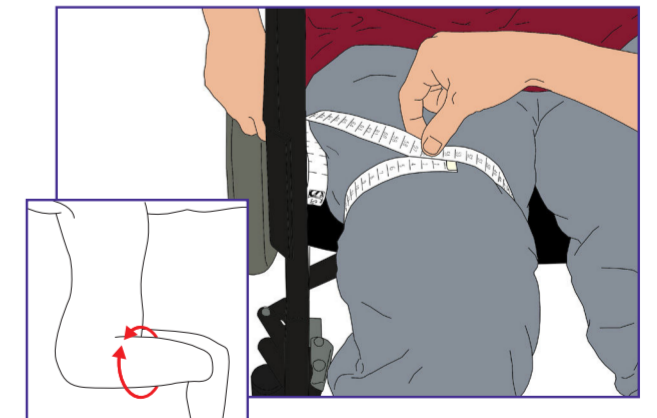
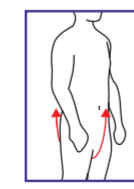


Circumference around waist

Can be taken in the chair or on a bed.

Measuring for Walking Harnesses

If possible take measurement standing upright starting from the umbilicus, (between legs) to back of waist.

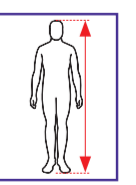


Circumference around mid thigh

Can be taken in the chair or on the bed. Check both thighs in case there is a differential in size.

Full height of patient

If height not known take measurement with the patient standing as straight as possible from top of head to tips of toes.



If you require any advice or further information on correctly measuring your patient for a Silvalea transfer product, please contact us today.