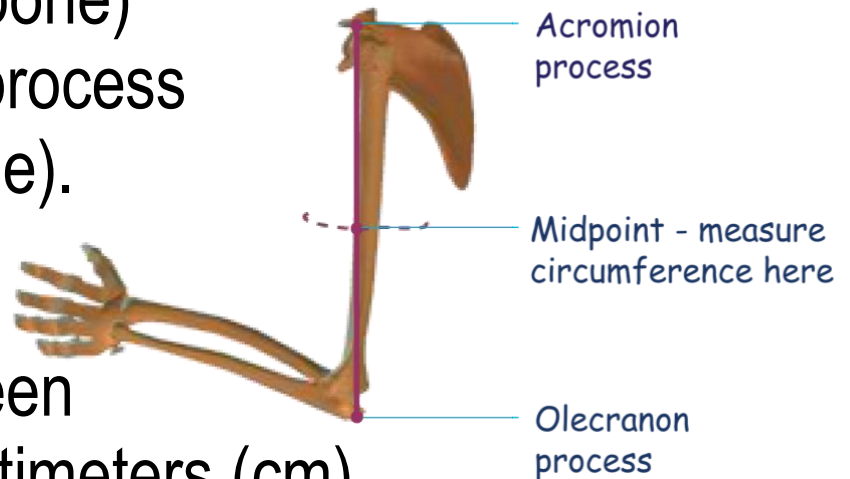


# Mid-arm Circumference ... How to Measure *Properly!*



1. Locate the Acromion process (tip of the shoulder bone) and the Olecranon process (tip of the elbow bone).

2. Note the mid-point measurement between each process in centimeters (cm).



3. Wrap the tape measure around the arm at the mid-point and note the value in cm. (NOTE: The tape should be taut against the skin.)

4. Document the measurement value, the arm from which it was obtained, and any notable circumstances which could have impacted the measurement (e.g., inability to remove clothing, contractures, edema, movement, etc.).

