

Virtual / Tele Fitting Guide

for Upper Extremity Compression



Follow these steps to prepare for your virtual / tele appointment with your fitter:

- Prior to the appointment, your fitter will send you details for logging into the session using an online program, such as Zoom, Hangouts, Facebook Messenger or phone.
- Decide if you want to use your computer, smartphone or tablet during the virtual / tele fitting and make sure you can access the program (you may need to download an app or create a free account).
Note, your device will need a camera and access to the internet or WiFi. If you don't have access to these tools, ask a family member or caregiver for help.
- If you've never used the online program before, arrange a "call" with a friend or your family prior to your appointment to become more familiar with how to use it.
- If you experience connectivity issues (or see a message pop-up that your internet is unstable), close any open browser windows on your computer or app on your device.
- Be prepared with any information your fitter has asked you to have ready, along with questions you have for them.
- We suggest accessing your virtual appointment via the text or email your fitter sent a few minutes prior to your set appointment time. Then, you have extra time to troubleshoot if you have any issues logging in.

These tips will help as you take measurements during the fitting:

- 1 Wear a loose-fitting short sleeve or sleeveless shirt.
- 2 If you have severe swelling, schedule fitting for first thing in the morning.
- 3 Ask a family member or a friend to help you take measurements during the fitting.
- 4 Take your measurements in centimeters with a soft tape measure (your fitter likely provided you with one – if not, make sure you have one for your appointment).
- 5 Your fitter will walk you through how to take these measurements, but the visuals below may help if you'd like to print them for your reference.

Learn more about Juzo products at juzousa.com or juzo.ca.

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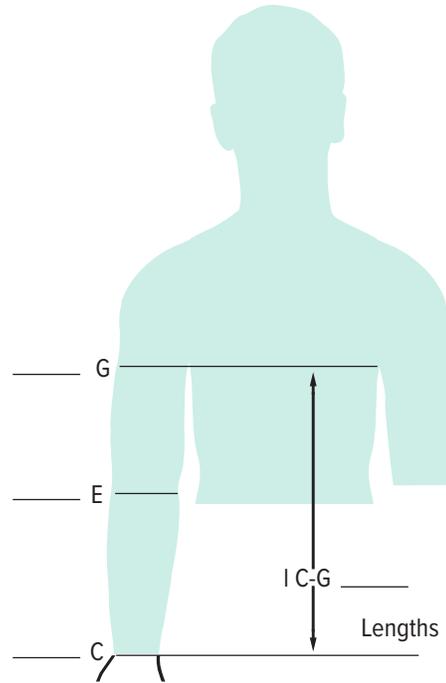
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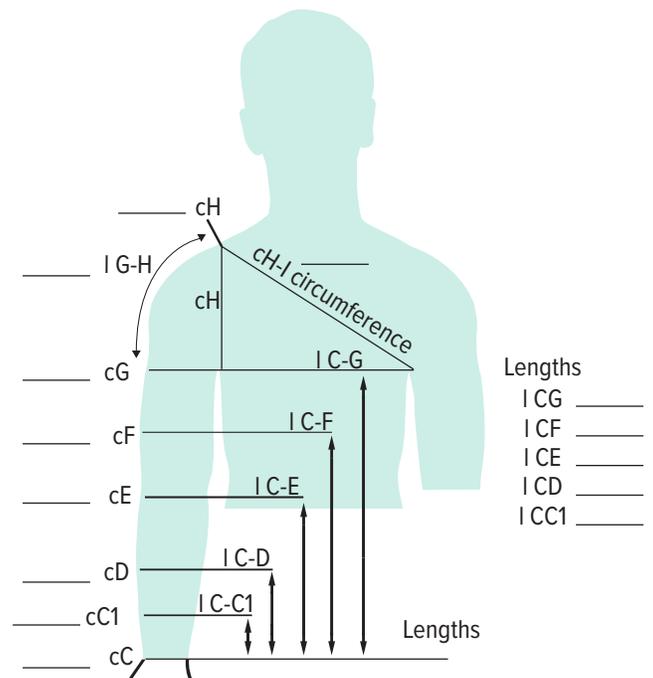
Measuring your arm for a standard or custom compression sleeve

- Stand up and let your arm hang straight by your side in a natural manner.
- Take circumferential measurements first. Use just a small amount of tension. The tape should feel snug but not tight.
- When taking length measurements, start by placing a small folder or thin magazine under your arm. Mark the outside top of the arm to ensure that you get an accurate length measurement.
- Do not follow the contours of the limb when taking length measurements. Hold the tape measurer in a straight line from “C” to “G” for a standard sized arm sleeve.
- Your fitter will help calculate your size and suggest an appropriate product.
- It is important to get at least two arm sleeves, so that you have one to wash and one to wear.

Standard Measurements



Custom Measurements



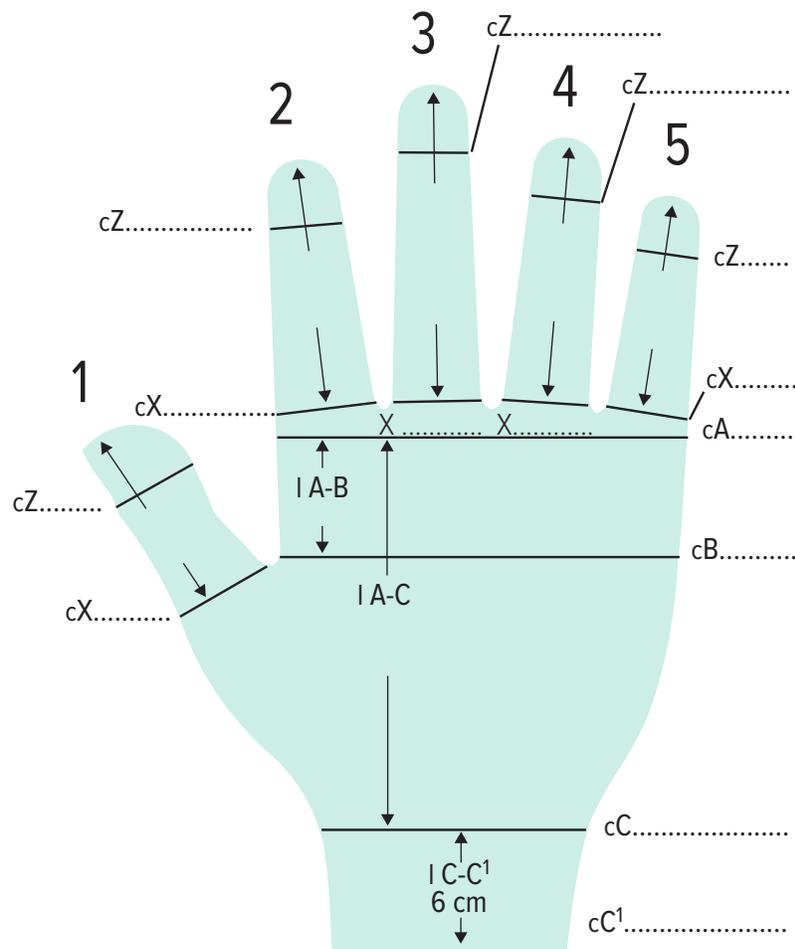
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Measuring for a compression glove or gauntlet

- Sit at a table with your hand facing palm side up with fingers spread out naturally.
- Mark the measurement points on the hand first.
- If measuring your fingers, mark the length of the fingers. Make sure your fingers do not bend. Next, make a mark at the base of each finger and your thumb.
- When taking circumferential measurements, use a small amount of tension. The tape should not be tight.
- Your fitter will help calculate your size and suggest an appropriate product.
- It is important to get at least two gloves (or gauntlets), so that you have one to wash and one to wear.



Juzo USA
www.juzousa.com
1-800-222-4999

Juzo Canada Ltd.
www.juzo.ca
1-844-229-4999