

Measuring Is Easy!

What You Will Need:

Fabric Tape Measure that is longer than your height. Be sure it is divided by eighths

Masking Tape

Straight Edge (Ruler)



Where Do You Measure?

Doorway is the best & use masking tape to secure the measuring tape. MAKE SURE IT IS TAUGHT AND STRAIGHT. Remember 0 inch starts on the bottom.

*A doorway does not have decorative wall boards at the floor. Therefore measuring tape lies on a straight edge.



Who Does The Measuring?

It is easier to measure if you have a friend to help. The person to be measured, stands adjacent to the ruler taped on the door way.



If you don't have a friend who can help fear not! You can do it yourself!

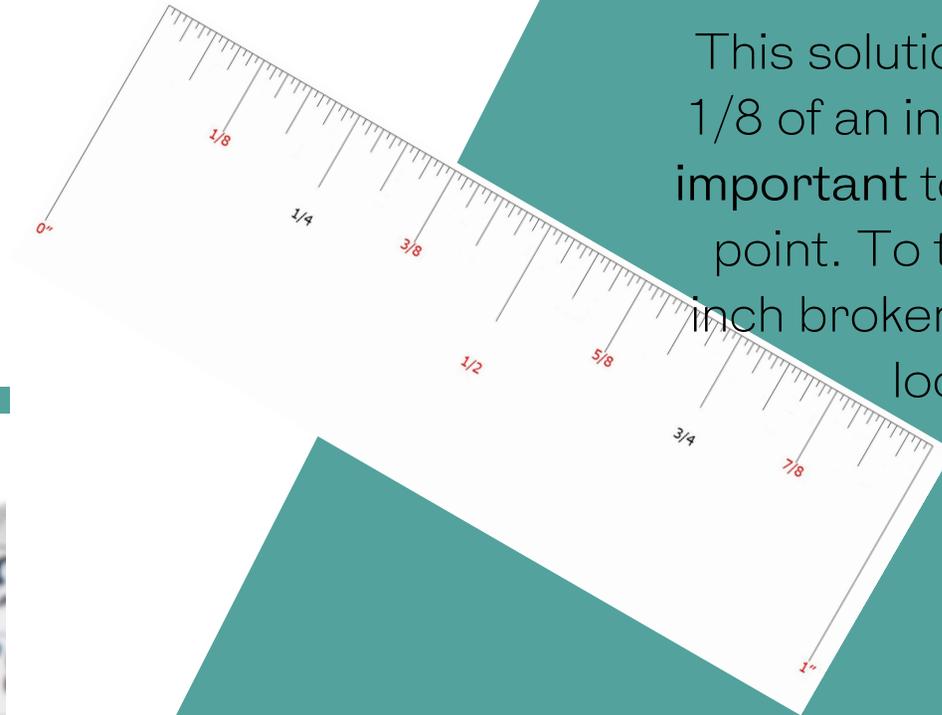
The Person Being Measured is PBM

How Is The Measuring Being Done?

Barefoot!

There are 12 measurements taken. After the overview, we will explain each one individually. If you print out this guide, you can use it to record your measurements either in inches or metric!

This solution is accurate to $\frac{1}{8}$ of an inch, therefore it is important to measure to that point. To the left is what 1 inch broken down in eighths looks like!



Record the measurement down to the fraction. Example: 66 inches (space) $\frac{5}{8}$.



BEFORE YOU START MEASURING

Approximately 30% of the population has one side of their body that is different from the other. This can be caused by many reasons but the most common are curvature of the spine, or a difference in one shoulder slant from the other.

IF YOU HAVE THIS
PROBLEM, THEN FROM
THE ELBOW DOWN YOU
MEASURE BOTH SIDES
OF THE BODY!

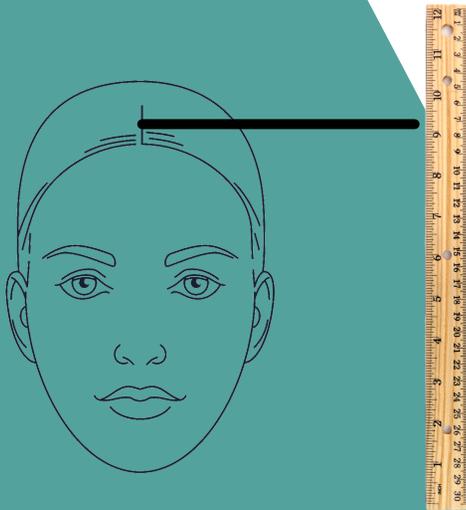


This model is an extreme example of a spine curvature. It becomes very obvious at:

- The waist where one side is higher than the other side
- It moves down to the leg/torso point where one side is higher than the other
- Surprisingly the arms are level BUT one knee is higher than the other. It is possible due to a shorter thigh bone without having knock knees

MEASURING

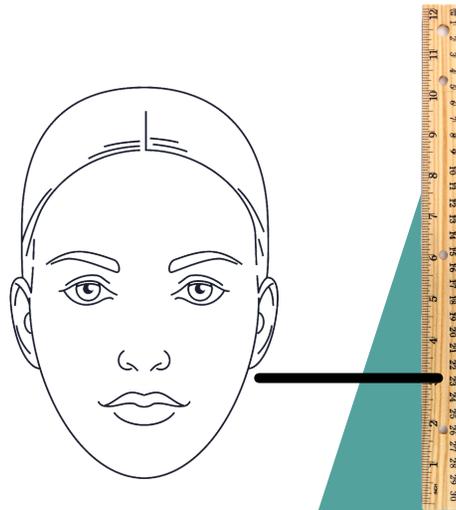
During the first 3 measurements it is very important that the person being measured does NOT MOVE, TILT HEAD OR TALK. LOOK STRAIGHT.



Top of Head

Have the PBM stand as tall they can. Place the straight edge on top of the head and extend out to the tape measure.

Record the distance from the top of the head to the floor in this guide



Hinge of Jawbone

It is located below the ear (where the jaw bone hinges). Place straight edge and extend to the tape measure. Record the distance to the floor



Chin

Place straight edge under chin and extend to the tape measure. Record the distance to the floor

Breast Bone

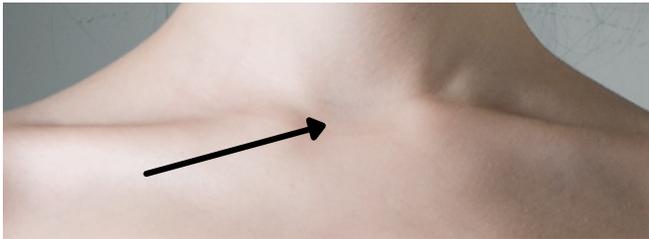
Base of Neck

Measure the point in between the collar bone (the indent) just below the throat.

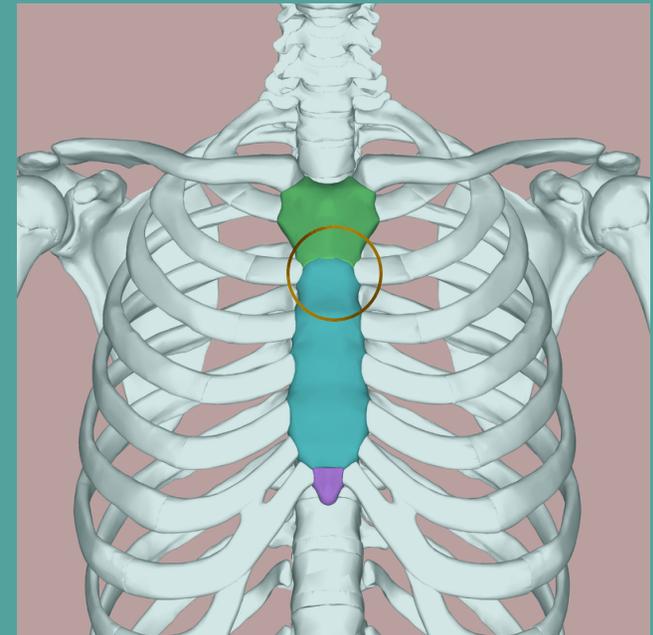
Extend the straight edge to the measuring tape and record the length to the floor

Have the person being measured lightly run a finger up from an inch below where the breasts separate. As you move upward you'll find a bump. The point wanted is the **depression right before the beginning of the bump**.

Place the straight edge at that point, extend to the tape measure and record the distance to the floor



The breast bone is above the first rib and below plate that covers the heart



Elbow

With your arm down by your side hanging normally, place the straight edge at the inside crease. Record the distance from the elbow to the floor



Waist

Bend as far down as you can. The lowest point of the bend is the waist.



In the case of a full figured individual, there are usually layers of extra weight. The lowest point the client can bend is still their waist

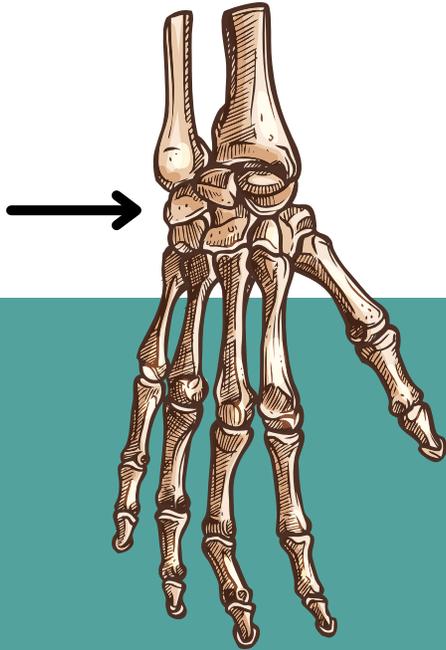
Leg | Torso

Lift the leg at a 90 degree angle. An indent will occur where the torso and leg join. Mark that point on the measuring tape.



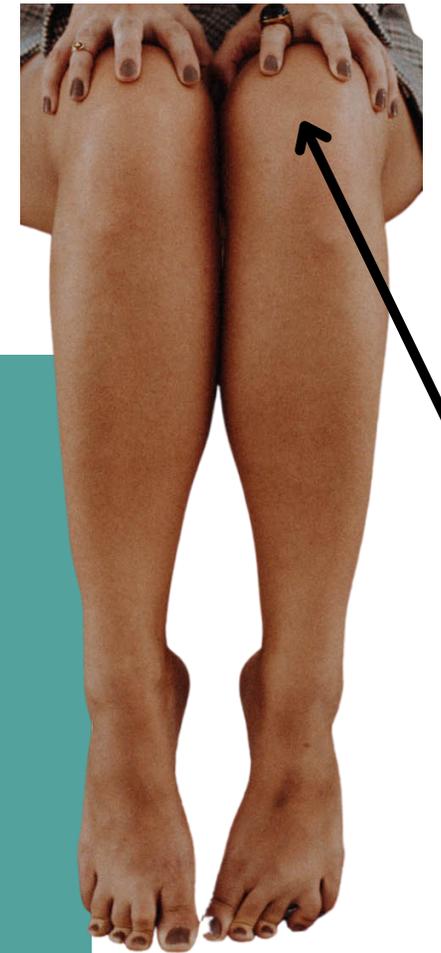
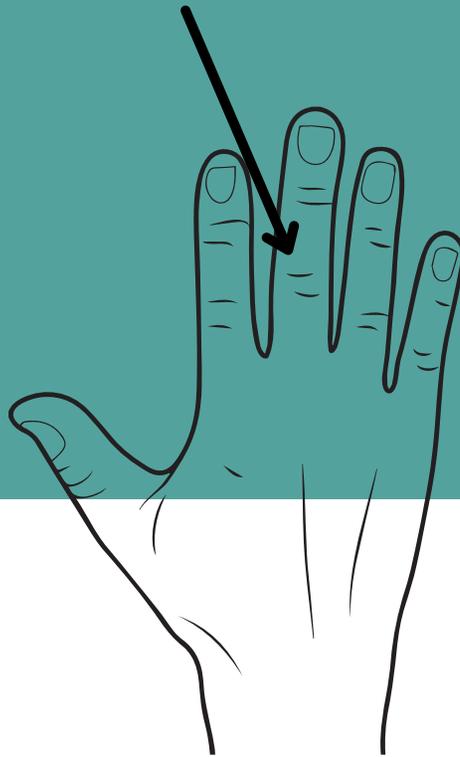
Middle Knuckle - 3rd Finger

Stand adjacent to the ruler tape and measure the center of the middle knuckle on the 3rd finger to the floor



Wrist Bone

Sometimes the wrist bone is hard to find, lightly run a finger upward from the pinky finger towards the wrist. You will feel a bump on the side - measure from that point

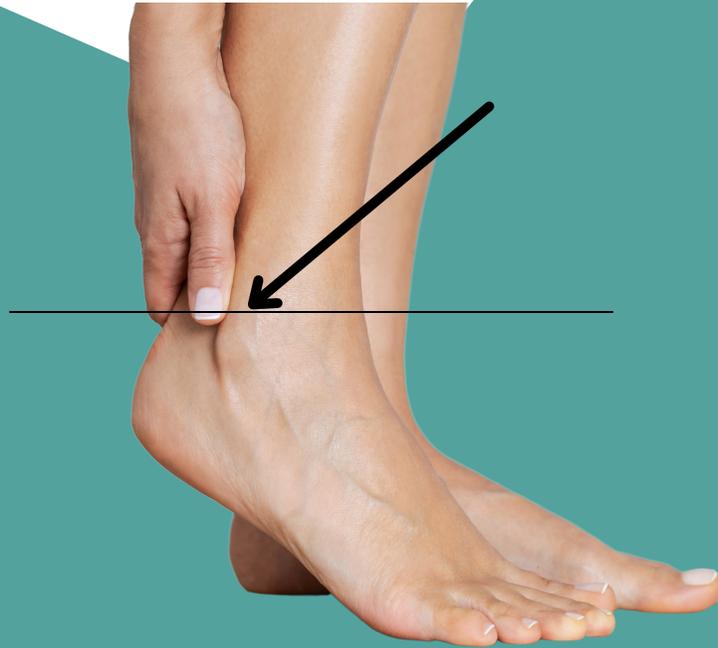


Knee

Measure the middle of the knee cap to the floor (**not** the back of the knee)

Ankle Bone

Measure the top of the
outside ankle bone to the
floor



Remember to record to as close to 1/8th of an inch.
Otherwise this will alter every measurement and
your clothes won't be in the correct spot for your
body