

## Steps for taking optimal measurements

- Female patient: Feet together, Index fingers touching, hands to the collar bone, posture is straight
- Male patient: Feet shoulder width apart, Index fingers touching, hands to the collar bone, posture is straight
- Female measurements: 6 measurements (3 in the abdomen, 4<sup>th</sup> measurement is hips and bottom, 5<sup>th</sup> measurement is left thigh, 6<sup>th</sup> measurement is right thigh)
- PLEASE be sure to choose the largest apex points where the fat accumulates the most in all 6 measurements
- Male measurements: 5 measurements (1<sup>st</sup> measurement is the chest across the nipple area, 2<sup>nd</sup> measurement upper abdomen 3<sup>rd</sup> mid abdomen 4<sup>th</sup> measurement Flanks (love handles), 5<sup>th</sup> measurement lower abdomen.
- PLEASE be sure to choose the largest apex points where the fat accumulates the most in all 5 measurements

## Remember not all measurements will always be measured in the names of these locations

- Please be sure to ask the patient to take a deep breath in and breath out and make sure their stomach is relaxed.
- Hold the measuring tape in the left hand always, with red button facing up
- Pull a little bit of tape out
- Go around the patient with your arms as if you're hugging the patient, grab with your right hand, the tape, press on the red button as you bring the tape around the patient
- Place tape directly on top of the apex of tissue
- Lock the measuring tape in place
- Push on red button to bring any extra slack in tape
- Place finger in between the tape and the patient from the red piece that is locked in the tape.
- Bring your finger around to make adjustments as needed and go all around the patient until you get to the other side of the tape measure
- Push on the red button to bring any extra slack in the tape
- Hold the tape and record the patients' measurements
- **Repeat these steps after treatment**