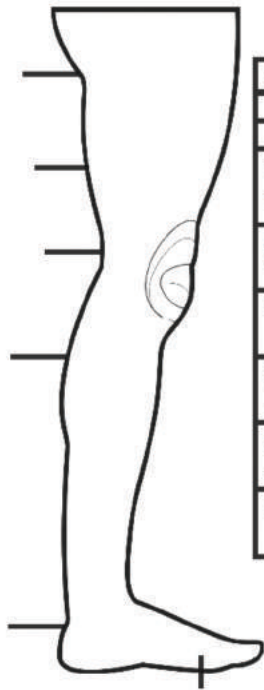




Ricky Knowles Hair & Wellness

MASTECTOMY, HAIR LOSS AND LYMPHEDEMA SOLUTIONS

My Leg Measurements



Area Measured	Date		Date		Date		Date		Date		Date		Date		Date	
	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
Groin/upper thigh ___cm from heel																
Mid upper leg ___cm from heel																
Knee crease																
Widest part of calf ___cm from heel																
Ankle ___cm from heel																
Base of toes																

Make a mark at your ankle, the mid lower leg, the mid upper leg, and near the groin. Take a measurement in centimeters from the heel to the marks at the ankle, mid lower leg, mid upper leg and groin, and record these in the area measured box. Now make marks on your other leg at the exact same spots. Measure the circumferences at each mark and record it. Compare sides. Any difference greater than 2 centimeters should be addressed through compression and increased self treatment.