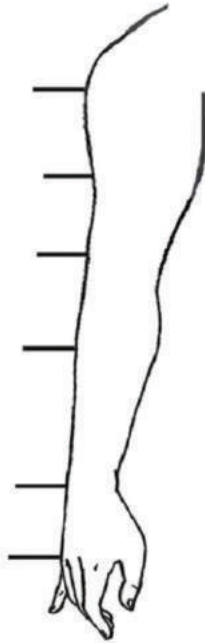




# Ricky Knowles Hair & Wellness

MASTECTOMY, HAIR LOSS AND LYMPHEDEMA SOLUTIONS

## My Arm Measurements



Area Measured	Date		Date		Date		Date		Date		Date		Date	
	R	L	R	L	R	L	R	L	R	L	R	L	R	L
Armpit ___cm from nailbed														
Mid upper arm ___cm from nailbed														
Elbow crease														
Mid forearm ___cm from nailbed														
Wrist ___cm from nailbed														
Palm crease														

Make a mark at your wrist, the mid forearm, the mid upper arm, and near the armpit. Take a measurement in centimeters from the nailbed of the middle finger to the marks at the wrist, mid forearm, mid upper arm and armpit, and record these in the area measured box. Now make marks on your other arm 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.