

**JOBST**®



## **JOBST**® Selection Guide

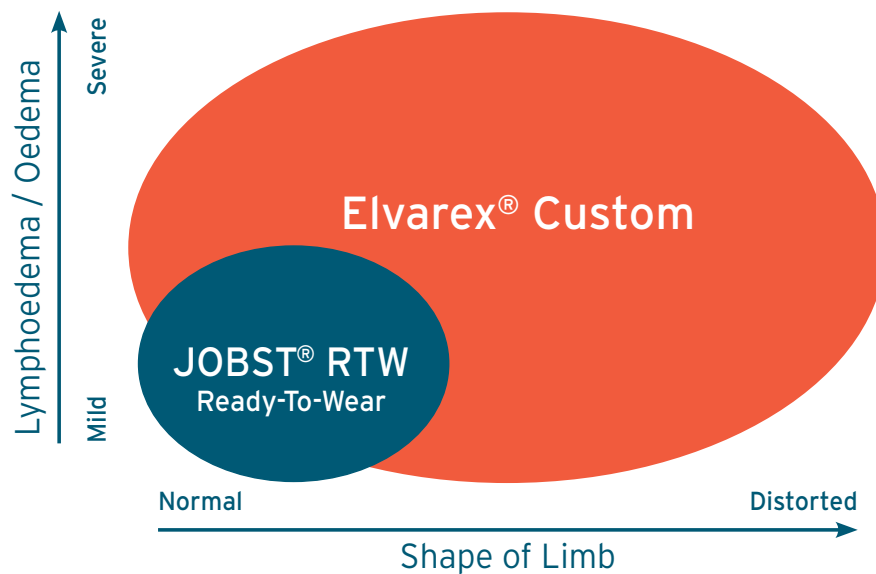
Upper Limb compression

# The **management** of oedema with compression therapy can be challenging as limbs do not follow a normal anatomical shape.

The effective management of oedema is highly dependent on a well-fitting garment that contours to the individual patient's anatomical differences/shape. Custom garments provide excellent fit and are therapeutically effective.

**JOBST® Elvarex® Custom garments** are recognised as a preferred option for these patients.

There are however situations where the patient's symptom severity and/or progression will allow flexibility in treatment options. The JOBST® range provides a quality garment option for all of these patients.



Early Intervention/ prevention	Mild lymphoedema	Moderate lymphoedema	Severe lymphoedema
Bella™ Lite	Bella™ Lite - Good	Bella™ Strong - Good	Elvarex® Custom Made
	Bella™ Strong - Better	Elvarex® RTW - Better	
		Elvarex® Custom Made - Best	



# THINKING ABOUT ? EARLY INTERVENTION

## JOBST® Bella™ Lite

Early detection and effective management of lymphoedema can reduce the symptom severity and improve quality of life.

The JOBST **Bella Lite** range is a family of products which are soft, air permeable, light weight and easy to don.

Available in 20-30mmHg, they provide an effective means for delivering compression in the earlier stages of oedema management.

### JOBST Bella Lite Armsleeve and Gauntlet

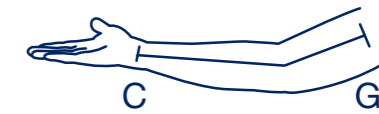
The JOBST **Bella Lite Armsleeve and Gauntlet** can be worn together or separately to help maintain the limb size of lymphoedema patients.

Size	Long	Regular	Wrist	Mid-lower	Mid-Upper
<b>JOBST Bella Lite Armsleeve</b>					
S	75276-00	75276-05	14 cm - 20 cm	18 cm - 23 cm	22 cm - 40 cm
M	75277-00	75277-05	16 cm - 22 cm	23 cm - 29 cm	27 cm - 45 cm
L	75278-00	75278-05	18 cm - 24 cm	29 cm - 34 cm	33 cm - 51 cm
Size			Palm	Wrist	
<b>JOBST Bella Lite Gauntlet</b>					
S	75282-00		15 cm - 19 cm	14 cm - 20 cm	
M	75283-00		19 cm - 22 cm	16 cm - 22 cm	
L	75284-00		21 cm - 26 cm	18 cm - 24 cm	

## JOBST® Bella Lite combined Armsleeve and Gauntlet

JOBST **Bella Lite Combined Sleeve** provides the comfort and effectiveness of the **Bella Lite** armsleeve and gauntlet in one garment.

### Lengths



Regular (up to 43 cm) Long (over 43 cm)

Size	REF-NO.	Palm	Mid-lower	Mid-Upper
<b>JOBST® Bella™ Lite combination sleeve REGULAR</b>				
S	77680-00	15 cm - 19 cm	18 cm - 23 cm	22 cm - 40 cm
M	77680-01	19 cm - 22 cm	23 cm - 29 cm	27 cm - 45 cm
L	77680-02	22 cm - 26 cm	29 cm - 34 cm	33 cm - 51 cm
<b>JOBST® Bella™ Lite combination sleeve LONG</b>				
S	77680-03	15 cm - 19 cm	18 cm - 23 cm	22 cm - 40 cm
M	77680-04	19 cm - 22 cm	23 cm - 29 cm	27 cm - 45 cm
L	77680-05	22 cm - 26 cm	29 cm - 34 cm	33 cm - 51 cm

## JOBST Bella Lite Glove

The JOBST **Bella Lite Glove** goes hand in hand with the JOBST Bella Lite sleeve.

Durable and latex free, the glove provides gentle compression for patients with mild to moderate oedema. With an ultra-thin fabric and fine seams, the glove provides great wearing comfort. The eight sizes provides a broad range of available options.

It is suitable for either right or left hand for added convenience in size selection. Fingers can also be cut to length without fraying



### Measurements Table

Circumference in cm



Size	1	2	3	4	5	6	7	8
A	16.6-18.0 cm	16.6-18.0 cm	18.0-19.5 cm	18.0-19.5 cm	18.0-19.5 cm	19.5-21.5 cm	19.5-21.5 cm	21.5-23.1 cm
C	15.6-16.7 cm	16.7-18.1 cm	15.9-17.0 cm	17.0-18.5 cm	18.5-20.4 cm	17.2-18.7 cm	18.7-20.6 cm	18.3-20.1 cm
Code	71026-00	71026-01	71026-02	71026-03	71026-04	71026-05	71026-06	71026-07

# JOBST® Bella™ Strong

Using the measurements from over 36,000 lymphoedema patients, the JOBST **Bella Strong** range has been able to develop an innovative sizing system. As a result, the armsleeves can fit approximately 80% of patients, and gauntlets are able to fit approximately 90% of patients.

Lymphoedema can be one of the most troubling complications after breast cancer treatment. Having access to optimal fitting compression garments can provide true confidence and enhance quality of life.

Available in 20-30mmHg, JOBST **Bella Strong** utilises advanced comfort technology to regulate humidity, keeping you cool and comfortable.

Suitable for mild to moderate lymphoedema.

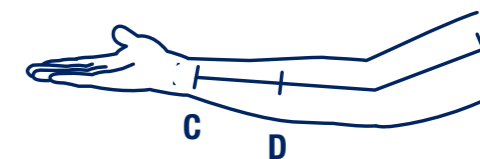


## JOBST® Bella™ Strong Armsleeve Measuring and Ordering Guide

All sizes are available in 2 lengths:

**Regular** up to 43 cm

**Long** greater than 43 cm



If there are still 2 options left, we recommend choosing the larger size for ease of donning, overall comfort and ultimate compliance. Either size selection will deliver the desired therapy.

JOBST Bella Strong Armsleeve		
72736-01	20-30 Silicone Natural Regular	Size 1
72736-02	20-30 Silicone Natural Regular	Size 2
72736-03	20-30 Silicone Natural Regular	Size 3
72736-04	20-30 Silicone Natural Regular	Size 4
72736-05	20-30 Silicone Natural Regular	Size 5
72736-06	20-30 Silicone Natural Regular	Size 6
72736-07	20-30 Silicone Natural Regular	Size 7
72736-08	20-30 Silicone Natural Regular	Size 8
72736-09	20-30 Silicone Natural Regular	Size 9
72736-10	20-30 Silicone Natural Regular	Size10

JOBST® Bella™ Strong Armsleeve		
72737-01	20-30 Silicone Natural Long	Size 1
72737-02	20-30 Silicone Natural Long	Size 2
72737-03	20-30 Silicone Natural Long	Size 3
72737-04	20-30 Silicone Natural Long	Size 4
72737-05	20-30 Silicone Natural Long	Size 5
72737-06	20-30 Silicone Natural Long	Size 6
72737-07	20-30 Silicone Natural Long	Size 7
72737-08	20-30 Silicone Natural Long	Size 8
72737-09	20-30 Silicone Natural Long	Size 9
72737-10	20-30 Silicone Natural Long	Size10

## JOBST Bella Strong Armsleeve and Gauntlet

The JOBST Bella Strong Armsleeve and Gauntlet can be worn together or separately to help maintain the limb size of lymphoedema patients.

A silicone band on the armsleeve ensure a secure hold, preventing slippage and curling.

## JOBST Bella Strong Armsleeve Measuring Guide

Size	Wrist (C)	Mid Forearm (D)	Axilla (G)
1	14-18 cm	17-21 cm	22-31 cm
2	14-18 cm	17-21 cm	31-41 cm
3	14-18 cm	21-25 cm	25-34 cm
4	16-19 cm	21-25 cm	28-38 cm
5	17-20 cm	21-25 cm	34-43 cm
6	14-18 cm	25-29 cm	29-38 cm
7	17-20 cm	25-29 cm	33-43 cm
8	18-21 cm	25-29 cm	38-48 cm
9	16-19 cm	29-33 cm	32-42 cm
10	19-22 cm	29-33 cm	36-46 cm

### Sizing instructions

Finding the right size for each patient is easy:

1. Measure mid lower circumference (D). This leaves 2 or 3 choices
2. Measure axilla circumference (G). This leaves 1 or 2 choices
3. Measure wrist circumference (C). This leaves 1 or 2 choices

If there are still 2 options left, we recommend choosing the larger size for ease of donning, overall comfort and ultimate compliance. Either size selection will deliver the desired therapy.

## JOBST® Bella™ Strong Gauntlet Measuring Guide - 2 easy steps

Size	Palm (B)	Wrist (C)
1	15-17 cm	14-18 cm
2	17-19 cm	14-18 cm
3	17-19 cm	18-21 cm
4	19-21 cm	14-18 cm
5	19-21 cm	18-21 cm
6	21-23 cm	16-19 cm
7	21-23 cm	19-22 cm
8	23-26 cm	19-22 cm

### Sizing instructions

1. Measure palm circumference, this leaves 1 or 2 choices
2. Measure wrist circumference (select gauntlet)

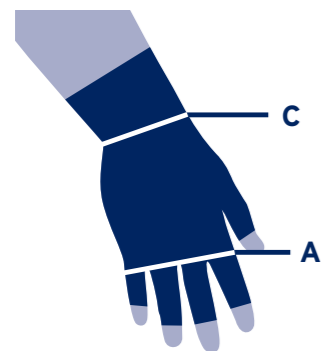


JOBST Bella Strong Gauntlet		
73694-40	20-30 Natural	Size 1
73694-41	20-30 Natural	Size 2
73694-42	20-30 Natural	Size 3
73694-43	20-30 Natural	Size 4
73694-44	20-30 Natural	Size 5
73694-45	20-30 Natural	Size 6
73694-46	20-30 Natural	Size 7
73694-47	20-30 Natural	Size 8

## JOBST® Bella™ Strong Glove

Leveraging the advanced flat knitting technology only ever seen in our custom garments, patients can now access that near custom feel in a ready to wear product.

The glove is available in eight different sizes, covering a broad range of patients. It is a perfect complement to the JOBST Bella Strong Armsleeve.



### Measurements Table

Circumference in cm

Size	1	2	3	4	5	6	7	8
A	16.6-18.0 cm	16.6-18.0 cm	18.0-19.5 cm	18.0-19.5 cm	18.0-19.5 cm	19.5-21.5 cm	19.5-21.5 cm	21.5-23.1 cm
C	15.6-16.7 cm	16.7-18.1 cm	15.9-17.0 cm	17.0-18.5 cm	18.5-20.4 cm	17.2-18.7 cm	18.7-20.6 cm	18.3-20.1 cm
Code	75291-10	75291-11	75291-12	75291-13	75291-14	75291-15	75291-16	75291-17

## Elvarex® Ready-to-Wear Gloves, Gauntlets and Sleeves

Take advantage of the trusted flat knit compression with Jobst Elvarex.

Jobst Elvarex RTW gloves, gauntlets and sleeves, offer effective oedema management for those requiring firm support. Available in 20-30 mmHg.

For those patients who do not fit into the sizing parameters, please see our extensive custom-made offering.





# Elvarex® Ready-to-Wear Gloves & Gauntlets

As with sleeves, Ready-to-Wear gloves are available in three sizes: small, medium and large. The following diagram illustrates the measuring points.

## Style available:

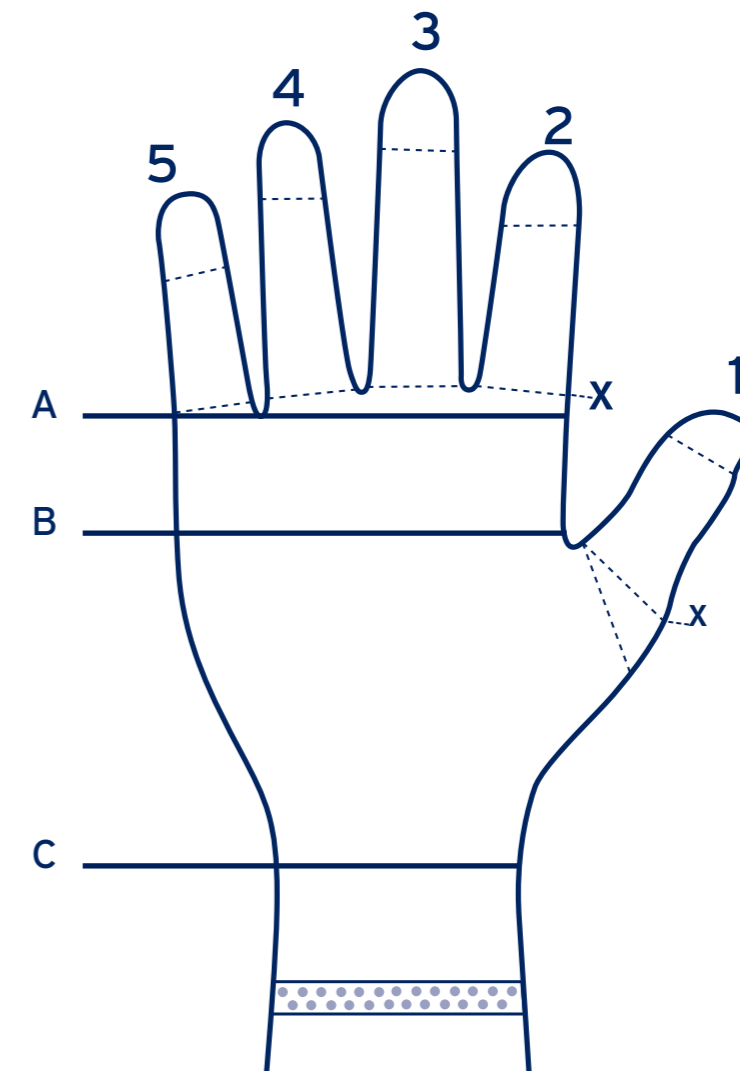


Elvarex Ready-to-Wear Glove / Gauntlet			
Measurement Point	Circumference in cm's		
	Small	Medium	Large
A (Metacarpal heads)	16 - 18	17.5 - 19.5	19.5 - 20.5
B (Widest Palm)	17 - 19	19 - 21	21 - 23
C (Wrist)	16 - 18	18 - 20	20 - 22
Thumb base	5.0 - 6.0	6.0 - 7.0	7.0 - 8.0
Fingers 2 base	5.0 - 6.0	6.0 - 7.0	6.0 - 7.0
Fingers 3 base	5.0 - 6.0	6.0 - 7.0	6.5 - 7.0
Fingers 4 base	4.5 - 5.5	5.5 - 6.5	6.5 - 7.5
Fingers 5 base	4.0 - 5.0	5.0 - 6.0	6.0 - 7.0

Lengths A-B 3cm, A-C 9cm, A-C1 12cm

Gauntlet		Glove	
Small Right	76091-00	Small Right	76091-06
Medium Right	76091-02	Medium Right	76091-08
Large Right	76091-04	Large Right	76091-10
Small Left	76091-01	Small Left	76091-07
Medium Left	76091-03	Medium Left	76091-09
Large Left	76091-05	Large Left	76091-11

# Measuring for Elvarex® Ready-to-Wear Gloves & Gauntlets



- Step 1** The patient's hand should be placed palm upwards and the fingers should be slightly apart.  
As the hand is sensitive to pressure, the measuring tape should not be pulled tightly.  
Circumferential measures should follow the contour of the palm.
- Step 2** Measure and record the circumference at A - proximal to base of 5th MCP joint (as per diagram).
- Step 3** Measure and record the circumference at B - distal to the thumb web (as per diagram).
- Step 4** Measure and record the circumference at C, the wrist - distal to the styloid process (as per diagram).
- Step 5** Measure and record the circumference at (X), the base of the thumb.
- Step 6** If a glove with fingers is required, measure and record the circumference at (X) the base of each finger (as per diagram).

Compare the measurements you have obtained with the following table to determine the correct size. Where measurements vary greatly, a custom-made glove is necessary.

# Elvarex® Ready-to-Wear Sleeves

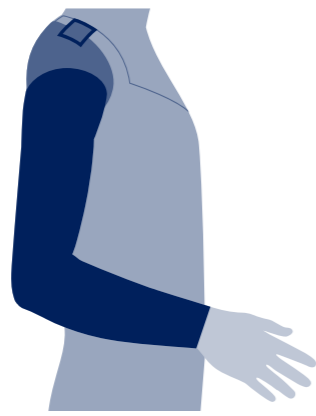
Elvarex Ready-to-Wear sleeves are available in 3 sizes and have a compression level of 20-30 mmHg.

## Style available:

Bias finish (no strap)



Bra loop



Body strap

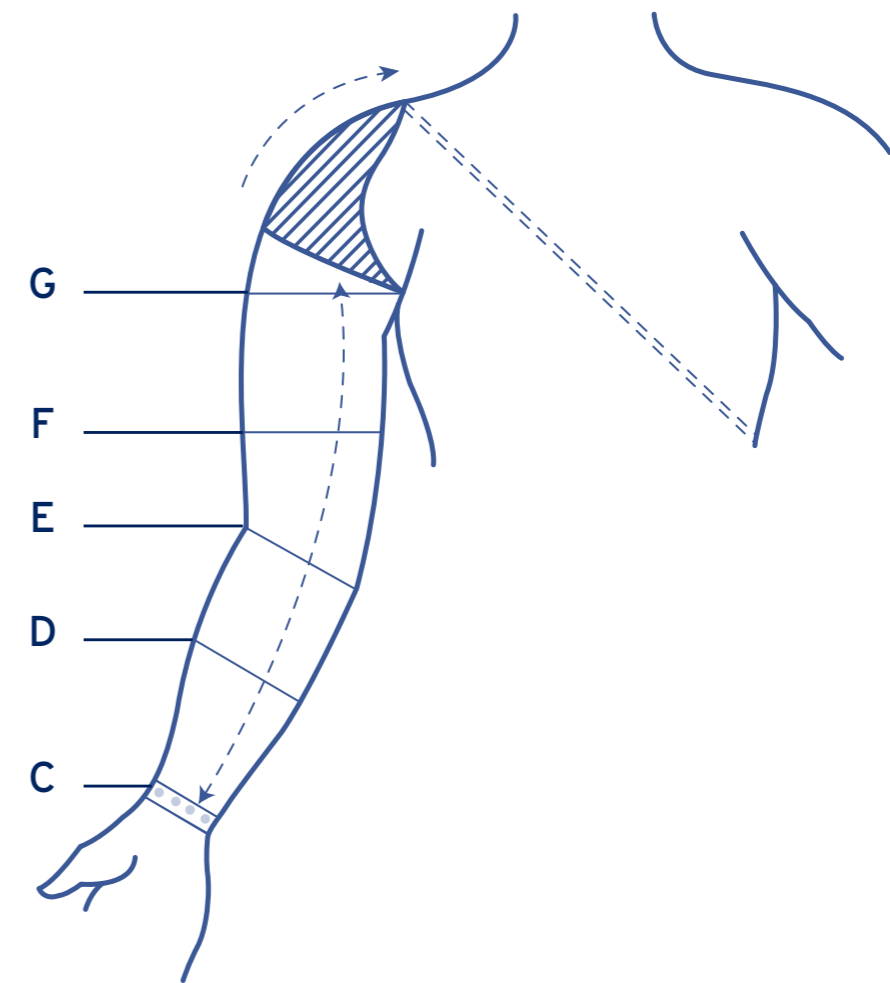


Elvarex Ready-to-Wear Sleeves			
Measurement Point	Circumference in cm's		
	Small	Medium	Large
C (Wrist)	16 - 18	18 - 20	20 - 23
D (Forearm)	23 - 26	26 - 28	28 - 30
E (Elbow)	24 - 26	26 - 29	29 - 32
F (Mid Upper arm)	26 - 29	29 - 33	33 - 37
G (Axilla)	31 - 34	34 - 38	38 - 44

Sleeve with bias		Sleeve with bra loop		Sleeve with body strap	
Small Right	76101-00	Small Right	79435-00	Small Right	79435-06
Medium Right	76101-02	Medium Right	79435-02	Medium Right	79435-08
Large Right	76101-04	Large Right	79435-04	Large Right	79435-10
Small Left	76101-01	Small Left	79435-01	Small Left	79435-07
Medium Left	76101-03	Medium Left	79435-03	Medium Left	79435-09
Large Left	76101-05	Large Left	79435-05	Large Left	79435-11

Armsleeve length suitable for up to 42cm for CG and 45cm for CG with attachment

# Measuring for Elvarex® Ready-to-Wear Sleeves



- Step 1** The patient should be sitting down with their arm resting on the bed/plinth beside them, resting in supination and 40° elbow flexion.
- Step 2** Measure and record the circumference at C, the wrist  
(NB: At the wrist and elbow, the tape should never be pulled tightly, however, slightly firmer pressure may be used over fleshy areas, i.e. D, F and G points).
- Step 3** Measure and record the circumference at D, the mid-point of the lower arm.
- Step 4** Measure and record the circumference at, the elbow.  
(Ensure the arm is slightly bent at [40°] before taking this measurement.)
- Step 5** Measure and record the circumference at F, the mid-point between the axilla and the elbow.
- Step 6** Measure and record the circumference at G, (take the measurement 1cm depth under the axilla).

Compare the measurements you have obtained with the following table to determine the correct size.

Where measurements vary across all three sizes, or are smaller or larger than the tabled measurements, a custom-made sleeve will be required.