

## Female Measurements Guide

- ▶ Each patient is measured prior to the first treatment and after the 6th treatment, regardless of how many treatments they have purchased. The purpose of the 6th treatment measurement is to assess how the patient is responding to the ZERONA treatments.
- ▶ All measurement data must be obtained at the same point on the body each time the patient is measured. To insure measurement consistency, it is important to use the wall mounted measurement tape provided, as a reference point guide. Each time the patient is measured, refer to your recorded reference point measurements, then mark at the same points on the patient's body and measure the circumference of the area where you have marked the patient.
- ▶ To ensure consistency, SBMI protocol requires all measurements are obtained in relation to a reference point. Mark the most protuberant, fatty areas in the core measurement areas on the patient's body with a marker. Then, have the patient stand directly next to the wall mounted measuring tape and record the number of inches from the ground to each marked area in the Distance from ground column.
- ▶ The individual taking the patient's measurements should use the SBMI provided measuring tape, making sure the measuring tape is flush to the skin, and level. Place the red tab into the slot on the measurement device and squeeze the red button in the center of the device to tighten until it lies snugly, fitting the curve of the patient's body."
- ▶ Patients should stand with feet placed shoulder-width apart and relax their muscles before measuring. You can also use "colored tape" to mark the floor so the patient's feet are always in the same position and the same distance apart. Note: Also avoid letting the patient "suck in" their tummy when measuring – this is a common reflex.
- ▶ Patients should wear the same undergarments when taking each measurement (two piece bathing suit or bra and panties).
- ▶ Using the wall mounted measurement guide is key to ensuring you re-measure the same areas at each measurement interval in order to document accurate changes in circumference. Changes in circumference will vary from area to area and patient to patient.

Below is a summary of Exact Measurement Areas

Measurement Area	Circumference Measurement Point
Thighs	At the greatest accumulation of fat on each inner thigh.
Hip	Either at the high hip (hip bone) or the low hip (saddle bag) area, according to the greatest accumulation of fat.
Mid-Abdomen	At the greatest accumulation of fat in the abdomen area.
Waist	Above the umbilicus and directly below the ribcage, at natural curve of the waist.
Back	At the greatest accumulation of fat in relation to the bra.

**Note:** Patients also lose inches from many areas not measured and in between measured areas.

