

Lymphedema Monitoring Chart

MONTHLY MEASUREMENTS

Bring your fingertips to rest on your shoulders. Look at your elbows, do they match?

With your arms in front of you compare the contours of your lower and upper arms. Monitor both arms palms face down and palms face up

Compare your hands, looking for pockets of swelling between the knuckles and backs of hands

Measure your arms as soon as possible to record in the Baseline Measurements Chart. Compare your arms on a monthly basis following these instructions. (We recommend something easy to remember, like the first weekend of the month). Have a friend or family member help you pick a landmark (freckle or spot) at each measurement to maintain consistent tracking. If you notice an increase of 2 cm or more on any measurement contact your healthcare provider. If you notice any swelling take your measurements and compare them to your baseline measurements. It could be helpful to have a family member take photos of your arms monthly to include in your charting. If you notice any swelling make sure to contact your healthcare provider.

Measure Here:



