

Lengths and circumferences of the lower limb

We measure the length and circumference of the lower limb lying down with a tape measure. We measure both lower limbs, then the results are compared.

Lower Extremity Lengths

Lengths of the lower limb		
	proximal point	distal point
functional (relative) length of the lower limb	spina iliaca anterior superior	malleolus medialis
anatomical length of the lower limb	trochanter major	malleolus lateralis
length of the lower limb with pelvic asymmetry	umbilicus	malleolus medialis
thigh length	trochanter major	cleft knee joint
leg length	cleft of the knee joint	malleolus lateralis
leg	heel	longest toe

Examination of the length of the lower limbs according to Ludmila Mojžíšová

This simple examination belongs to the more indicative ones, when we need to compare the length of the lower limbs in a relatively short time, for example after operations total endoprosthesis of the hip joint and knee joints.

- The starting position is the patient lying on his stomach, toes over the couch.
- We monitor and compare:
 - heel plane;
 - line under malleolus lateralis;
 - line of knees.
- We then passively bend the patient's knees to 90° flexion by grasping the instep and then observe:
 - heel plane;
 - knee height;
 - length of lower leg (difference in heel height);
- femur length (the difference in the distance between the knee joints when viewed from the side).



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Circumferences of the lower limb

Circumferences of the lower limb	
measurement segment	measurement location
thigh	adults 10 cm above the patella, children 5 cm
knee joint	in the middle of the patella
below the knee joint	over tuberositas tibiae
calf	in its strongest place (approx. 10 cm below the knee joint)
above the ankles	above the malleolus medialis et lateralis
instep, heel	over the heel and bends the ankle
MP joints	shoe measure

Links

- Topographic Anatomy of Limbs/Structure of Limbs
- Upper Extremity Lengths and Circumferences

References

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