

# Detection and Management High Blood Pressure



## Cuff Size Chart



### A CUFF FOR EVERY SIZE

<b>CUFF NAME</b>	<b>Range of Upper arm CIRCUMFERENCE: (In inches)</b>	<b>Range of Upper arm CIRCUMFERENCE: (In centimeters)</b>
NEWBORN	2 1/4 X 4	6cm TO 10cm
INFANT	4 X 6	10cm to 15cm
CHILD	6 X 8 3/4	15cm to 22cm
SMALL ADULT	8 3/4 X 10 1/4	22cm to 26cm
ADULT	10 1/2 X 13 1/2	27cm to 34cm
LARGE ADULT	13 3/4 X 17 1/4	35cm to 44cm
THIGH	17 3/4 X 20.5	45cm to 52cm

**The “ideal” cuff bladder length is 80%-100% (As close 100% as possible)**

**The “ideal” width is at least 40% (Can be slightly more than 40%)**

**Circumference means the measurement around the upper arm ( Ideal = Length to - width ratio of 2:1)**