

Alternate Measurement for Height: Upper Arm Length (UAL)

2 to 19 Years of Age

STEP 1: Preparation

- Remove bulky clothing such as coats and sweaters that may interfere with measurement

STEP 2: Child positioning is important!

- Face the child away from the measurer
- Bend the right arm at a 90 degree angle at the elbow with the right palm facing up

Mark the site

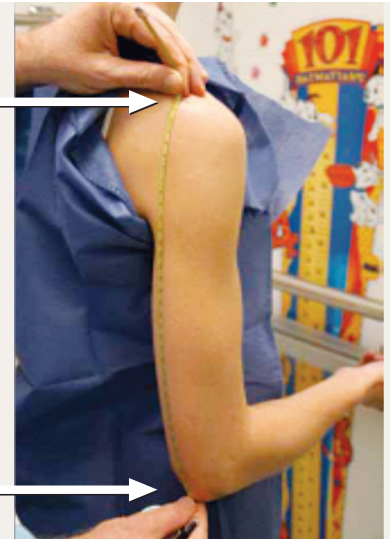
- Locate and mark the spine of the right scapula extending from the **acromion process**

Take the measurement

- Measure from this mark down the posterior surface of the arm to the tip of the **olecranon process**, the bony part of the mid-elbow

Acromion
Process

Olecranon
Process



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STEP 3: Read and record the measurement

- Measure to the nearest 0.1 cm and record

STEP 4: Convert upper arm length to height

- Use the following equation to convert UAL to height:
(standing ht) = (4.35 x UAL in cm) + 21.8