

Infant	6	12	15
Child	9	18	22
Small adult	10	24	26
Adult	13	30	34
Large adult	16	38	44
Thigh	20	42	52

*Calculated so that largest arm would still allow bladder to encircle arm by at least 80%.

From National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents: The fourth report on the diagnosis, evaluation, and treatment of high blood pressure in children and adolescents, *Pediatrics* 114(2 Suppl 4th Report):555–576, 2004.

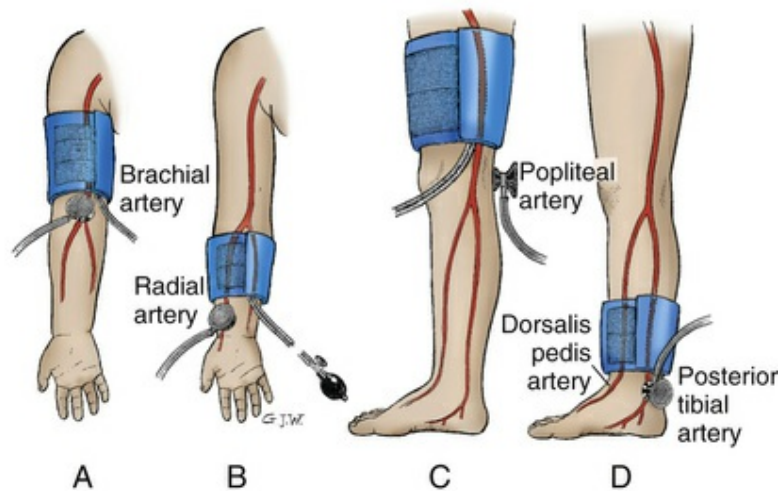


FIG 4-13 Sites for measuring blood pressure. **A**, Upper arm. **B**, Lower arm or forearm. **C**, Thigh. **D**, Calf or ankle.

Measurement and Interpretation

Measuring and interpreting BP in infants and children requires attention to correct procedure because (1) limb sizes vary and cuff selection must accommodate the circumference; (2) excessive pressure on the antecubital fossa affects the Korotkoff sounds; (3) children easily become anxious, which can elevate BP; and (4) BP values change with age and growth. In children and adolescents, determine the normal range of BP by body size and age. BP standards that are based on gender, age, and height provide a more precise classification of BP according to body size. This approach avoids misclassifying children who are very tall or very short. The