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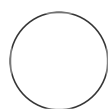
🌐 Anthropometry (Standing Height)

📁 In 1 collection

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Clinical Exercise Physiology



insightsmovement

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Protocol status: In development
 We are still developing and optimizing this protocol

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ABSTRACT

Standing height is an assessment of maximum vertical size. Take this measure on all patients aged 6 years and older who are able to stand unassisted. Standing height is measured with a fixed stadiometer with a vertical backboard and a moveable headboard.

Equipment Required

1

Equipment	
Stadiometer	NAME
Stadiometer	TYPE
Seca	BRAND
-	SKU

Preparing for Measurement

- 2
- Have the patient remove their footwear, hair accessories or hats from the top of their head

Standing Height Measurement

- 3
1. Ask the patient to stand erect, arms hanging at their sides, feet together, heels, buttocks and back in contact with the stadiometer.
 2. Ask the patient to look straight ahead.
 3. Ensure the patient's head is within the Frankfort plane (below)

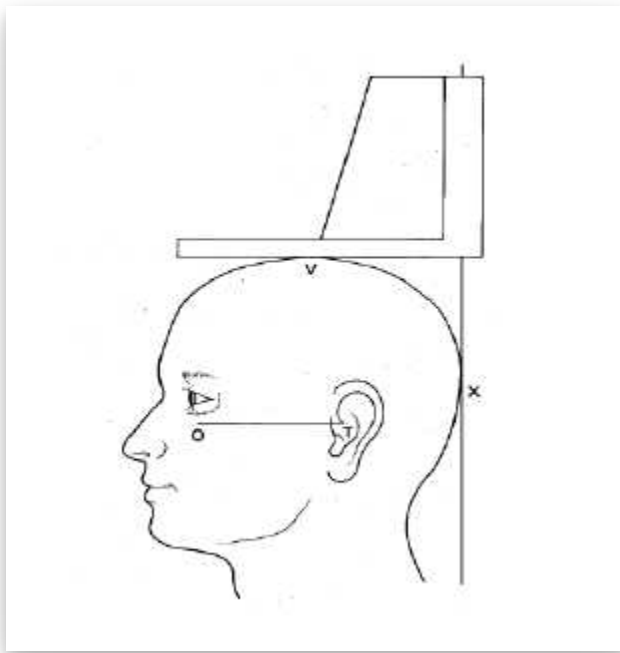


Figure 1. Frankfort Plane

4. Lower the stadiometer headboard and ask the patient to stand as tall as possible and take a deep breath whilst the measurement is being taken.
5. Lower the head plate firmly onto the head with sufficient pressure to compress the hair.
6. Record the height measurement to the nearest 0.5cm.
7. Ask the patient to step down and away from the stadiometer.

Considerations

- 4
 - Some patients may have conditions that interfere with the specific procedures for measuring stature. One of the more common conditions is kyphosis which is a forward curvature of the spine that appears as a hump or crooked back condition. Kyphosis most frequently occurs in the elderly, and in women the condition is commonly referred to as dowager's hump. In these cases, it is important to get the best measure possible according to the protocol and to record a "not straight" comment.
 - If the patient has a hair style which stands well above the top of their head, (or is wearing a turban), bring the head plate down until it touches the hair/turban. With some hairstyles you can compress the hair to touch the head. If you cannot lower the head plate to touch the head and think that this will lead to an unreliable measure, record this. If it is a hairstyle that can be altered, e.g. a bun, if possible, ask the patient to change/undo it.

- If the patient is tall, it can be difficult to line up the Frankfort Plane in the way described. When you think that the plane is horizontal, take one step back to check from a short distance that this is the case