



Vortex Measurement Aid

Instructions

Height

Standing up straight against a wall, without shoes, to the top of the head, is easiest.

Chest

The usual, around the chest, high up

Upper Body

Measure from the top of the hip bone to the throat hollow between the collar bones.
on the same side, where the two collar bones form the hollow below the Adam's apple.

Hip bone to hip bone

Locate both hip bone high points and measure from one point to the other, **around the small of the back.**

Hip to bum

Locate the highest point of a hip bone and measure from there, over the nipple, over the shoulder to a point on the same level as the start point on the top of the hip bone.

Waist

The usual, around the waist, over the navel.

Thigh

Measure from the top of the hip bone, around the thigh below the buttock, back to the top of the hipbone start point.

Inseam

Standing up straight, without shoes, ask a friend to hold the tape next to your heel and measure up to your crotch.