

# Self-measured blood pressure cuff selection



Blood pressure (BP) measurement devices with upper arm cuffs provide the most accurate measurements.<sup>1</sup> Wrist cuffs are not recommended for clinical use unless patients cannot use upper arm cuffs due to arm size or other medical reasons.<sup>1</sup> Finger devices are also not recommended for clinical use because these are less accurate than upper arm BP measurement devices.<sup>1</sup>

Below are steps to determine the appropriate upper arm cuff size. If possible, it may be easier for patients to have another person assist with the process.

## Ask patients to gather the following items

- Tape measure
- BP measurement device, cuff and manual (if device is already purchased)

## Locate mid-upper arm

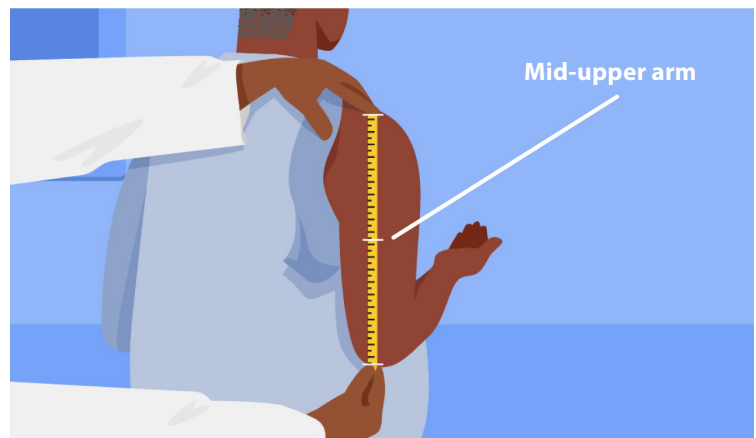
- Measure the length of the arm between the acromion process (bony protuberance on shoulder) and the olecranon process (bony protuberance at elbow).
- Divide the distance in half to locate the mid-upper arm.

## Determine arm circumference

- Wrap a tape measure around the mid-upper arm to determine arm circumference (typically measured in centimeters).

## Determine cuff size

- Based on arm circumference, determine the cuff size that is appropriate. Use this information to help with device selection. Many BP measurement devices have circumference ranges printed directly on the cuffs. This information can also often be found in the device manual or on the device box.



Arm circumference		Recommended cuff size
centimeters (cm)	inches (in)	
22-26	8.7-10.2	Small adult
27-34	10.6-13.4	Adult
35-44	13.8-17.3	Large adult
45-52	17.7-20.5	Extra-large adult

Modified from Table 3 in: Muntner P, Shimbo D, Carey RM, Charleston JB, et al. Measurement of blood pressure in humans: a scientific statement from the American Heart Association. *Hypertension*. 2019;73:e35–e66. doi: 10.1161/HYP.0000000000000087.

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1. Muntner P, Shimbo D, Carey RM, et al. Measurement of blood pressure in humans: a scientific statement from the American Heart Association. *Hypertension*. 2019;73(5):e35–e66. doi: 10.1161/HYP.0000000000000087.