**Body Mass – Weigh subject with minimal clothing and with shoes removed.**

1. Check the scale is reading zero
2. Ask subject to stand on the centre of scales, without support and with their weight distributed evenly on both feet – record body mass to nearest 0.1 kg.
3. Ask subject to step off the scale
4. Repeat steps 1 to 3
5. If the 2 measurements differ by more than 0.4 kg then repeat steps 1 to 3
6. If two measurement record the average value. If three measurements record the median value.

**Standing Height – Use the stretch stature method.**

Stature is the maximum distance from the floor to the vertex of the head (Figure 1). The vertex is defined as the highest point on the skull when the head is held in the Frankfort plane (Figure 2). This position is when the imaginary line joining the orbitale to the tragion is perpendicular or at a right angle to the long axis of the body as shown in Figure 2.

Subject is measured with shoes removed.
ESTIMATION OF PEAK HEIGHT VELOCITY PROCEDURE

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1. Ask subject to stand with back, buttocks and heels against a stadiometer.
   Subject’s feet should be together and flat on the floor.

2. Place subject’s head in the Frankfort plane (Figures 1 & 2). Place your hands far enough along the line of the subject’s jaw to ensure that upward pressure is transferred through the mastoid processes.

3. Instruct subject to take and hold a deep breath. While keeping the head in the Frankfort plane apply gentle upward lift through the mastoid processes. At the same time place the headboard firmly down on the vertex, crushing the hair as much as possible. Ensure that the feet do not come off the ground and that the position of the head is maintained in the Frankfort plane.
4. Record measurement at the end of the subject’s deep inward breath – record stature to the nearest 0.1 cm.

5. Ask subject to step away from the stadiometer

6. Repeat steps 1 to 4

7. If the 2 measurements differ by more than 0.4 cm then repeat steps 1 to 4

8. If two measurement record the average value. If three measurements record the median value.

Sitting height – Use the stretch stature method.

Sitting height is the maximum distance from the vertex to the base of the sitting surface (Figure 3).

1. Seat subject on a measuring box or level platform (of known height) with their hands resting on their thighs
1. Figure 3: Measurement of sitting height

2. Instruct subject to take and hold a deep breath. While keeping the head in the Frankfort plane (Figure 2) apply gentle upward lift through the mastoid processes. At the same time place the headboard firmly down on the vertex, crushing the hair as much as possible. Ensure the subject does not contract the gluteal muscles nor push with the legs.

3. Record measurement at the end of the subject’s deep inward breath – record sitting stature to the nearest 0.1 cm.

4. Ask subject to step off the box and away from the stadiometer

5. Repeat steps 1 to 4

6. If the 2 measurements differ by more than 0.4 cm then repeat steps 1 to 4

7. If two measurement record the average value. If three measurements record the median value.

8. If using a floor stadiometer the observed height minus the box / platform height is the sitting height.

*Leg Length* = Standing Height (cm) - Sitting height (cm)