



Bone Measurement Exercise



Name: _____ Date: _____

Skull:

Top of forehead to base of lower jaw: _____

Point of chin to back of jaw: _____

Back of jaw to back of head: _____

Shoulder bone:

Collar bone from sternum to shoulder: _____

Shoulder blade:

From shoulder to inner edge: _____

Arm:

From elbow to bend at shoulder: _____

From elbow to bend of wrist: _____

Spine:

Neck from base of skull to shoulder: _____

Spine from bend in waist to shoulder: _____

Fingers and Joints (measure with fingers bent):

Index: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Middle: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Ring: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Little: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Thumb: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Palm (Measure from knuckle to wrist bend):

Index: _____

Middle: _____

Ring: _____

Little: _____

Thumb: _____

Leg:

From knee to hip connection: _____

From knee to ankle: _____

Toes (Measure with toes bent to best of your abilities):

Big toe: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Second toe: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Middle toe: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Fourth toe: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Baby toe: 1st joint: _____ 2nd joint: _____ 3rd joint: _____

Foot:

From Middle toe pad to center of heel (bottom): _____

From ankle to bottom of foot: _____

Top of foot from base of leg to base where toes begin: _____