

ELLBOWTEST

Um die Statur des Probanden zu bewerten, streckt der Proband seine Arme aus und winkelt die Unterarme um 90 Grad an; bei gestreckten Fingern dreht er die Handgelenke zum Körper. Der Abstand zwischen den beiden prominenten Knochen am Ellenbogengelenk wird mit einem Meßschieber (vulgo Schieblehre) gemessen. Die erhaltenen Werte werden mit den Normwerten für eine normale Statur in der untenstehenden Tabelle verglichen. Kleinere Werte bedeuten eine schmale Statur, größere Werte zeigen eine breite Statur an.

Größe ohne Schuhe (cm)	Ellenbogenbreite (cm)
155 - 159	6.35 - 7.30
160 - 168	6.67 - 7.30
169 - 178	7.00 - 7.62
179 - 188	7.00 - 7.94
> 189	6.67 - 8.23

[Es fehlt noch die Metropolitan-Tabelle]

APPENDIX C
METROPOLITAN
HEIGHT AND WEIGHT TABLES

DERIVATION

The attached tables are derived from the "1983 Metropolitan Height and Weight Tables for Men and Women, According to Frame, Ages 25-29."

The upper and lower limits for Table 1 were calculated by subtracting 10% from the lower normal value and adding 10% to the upper normal values found in the "1983 Metropolitan Height and Weight Tables for Men and Women, According to Frame."

The table is used for all adult subjects.

INSTRUCTIONS FOR USE:

1. Weigh the subject in street clothes and shoes after removing his/her coat/jacket. Document this weight in kilograms.
2. Measure the subject without his/her shoes. Add 2.5 cm to standardize for shoe height. Document this height (in centimeters).
3. Measure elbow breadth to determine frame size from Table 2. Document elbow breadth and corresponding frame size.
4. Use the appropriate table to verify that the subject qualifies for a study.

Additional information about the development of the 1983 Metropolitan Life Insurance Tables may be found in "1983 Metropolitan Height and Weight Tables," Statistical Bulletin v64(1) page 3-9, Jan.-June, 1983.

APPENDIX C

TABLE 1

HOW TO DETERMINE YOUR BODY FRAME BY ELBOW BREADTH

To make a simple approximation of your frame size:

Extend your arm and bend the forearm upwards at a 90-degree angle. Keep the fingers straight and turn the inside of your wrist towards the body. Place the thumb and index finger of your other hand on the two prominent bones on either side of your elbow. Measure the space between your fingers against a ruler or a tape measure. (For the most accurate measurement, have your physician measure your elbow breadth with calipers.) Compare this measurement with the measurements shown below.

These tables list the elbow measurements for men and women of medium frame at various heights. Measurements lower than those listed indicate that you have a small frame while higher measurements indicate a large frame.

MEN

HEIGHT (In 1-inch heels)	ELBOW BREADTH (Inches)	HEIGHT (In 2.5 cm heels)	ELBOW BREADTH
62 - 63	2 1/2 - 2 7/8	158 - 161	6.4 - 7.2
64 - 67	2 5/8 - 2 7/8	162 - 171	6.7 - 7.4
68 - 71	2 3/4 - 3	172 - 181	6.9 - 7.6
72 - 75	2 3/4 - 3 1/8	182 - 191	7.1 - 7.8
76	2 7/8 - 3 1/4	192 - 193	7.4 - 8.1

WOMEN

HEIGHT (In 1-inch heels)	ELBOW BREADTH (Inches)	HEIGHT (In 2.5 cm heels)	ELBOW BREADTH
58 - 59	2 1/4 - 2 1/2	148 - 151	5.6 - 6.4
60 - 63	2 1/4 - 2 1/2	152 - 161	5.8 - 6.5
64 - 67	2 3/8 - 2 5/8	162 - 171	5.9 - 6.6
68 - 71	2 3/8 - 2 5/8	172 - 181	6.1 - 6.8
72	2 1/2 - 2 3/4	182 - 183	6.2 - 6.9

Source of data: Data tape, HANES I-Anthropometry, goniometry, skeletal age, bone density, and cortical thickness, ages 1-74, National Health and Nutrition Examination Survey, 1971-75, National Center for Health Statistics.

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APPENDIX C

Table 3

WOMEN, $\pm 10\%$ WEIGHT RANGE IN KILOGRAMS

HEIGHT (CM)	WEIGHT		
	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
148	41.8 - 55.7	44.6 - 60.6	48.3 - 65.8
149	41.9 - 56.1	45.0 - 61.1	48.7 - 66.3
150	42.0 - 56.4	45.3 - 61.5	49.0 - 67.0
151	42.2 - 56.9	45.6 - 62.0	49.3 - 67.5
152	42.4 - 57.3	46.0 - 62.7	49.7 - 68.1
153	42.7 - 57.7	46.4 - 63.2	50.0 - 68.6
154	43.0 - 58.3	46.7 - 63.8	50.6 - 69.3
155	43.3 - 59.0	47.0 - 64.5	51.1 - 70.0
156	43.7 - 59.5	47.4 - 65.0	51.6 - 70.5
157	43.9 - 60.1	47.9 - 65.6	52.0 - 71.1
158	44.4 - 60.7	48.4 - 66.2	52.6 - 71.8
159	44.8 - 61.3	48.9 - 66.8	53.0 - 72.6
160	45.3 - 61.8	49.4 - 67.3	53.5 - 73.4
161	45.7 - 62.4	49.9 - 67.9	53.9 - 74.1
162	46.3 - 63.0	50.3 - 68.5	54.5 - 74.9
163	46.7 - 63.6	50.8 - 69.1	54.9 - 75.7
164	47.3 - 64.2	51.3 - 69.7	55.4 - 76.5
165	47.7 - 64.8	51.8 - 70.3	55.8 - 77.2
166	48.2 - 65.5	52.3 - 71.0	56.3 - 78.0
167	48.7 - 66.0	52.8 - 71.5	56.9 - 78.9
168	49.1 - 66.5	53.3 - 72.0	57.3 - 79.6
169	49.7 - 67.2	53.7 - 72.7	57.9 - 80.4
170	50.1 - 67.8	54.2 - 73.3	58.3 - 81.2
171	50.6 - 68.3	54.6 - 73.8	58.8 - 82.0
172	51.1 - 68.9	55.2 - 74.4	59.2 - 82.7
173	51.6 - 69.5	55.6 - 75.0	59.8 - 83.5
174	52.0 - 70.1	56.1 - 75.6	60.2 - 84.0
175	52.5 - 70.6	56.5 - 76.1	60.7 - 84.6
176	53.0 - 71.3	57.1 - 76.8	61.2 - 85.3
177	53.6 - 71.9	57.6 - 77.4	61.7 - 85.9
178	54.0 - 72.5	58.1 - 78.0	62.1 - 86.5
179	54.5 - 73.0	58.6 - 78.5	62.6 - 87.0
180	54.9 - 73.6	59.0 - 79.1	63.1 - 87.6
181	55.4 - 74.3	59.5 - 79.8	63.6 - 88.2
182	55.9 - 74.8	59.9 - 80.3	64.1 - 88.8
183	56.3 - 75.3	60.4 - 80.8	64.5 - 89.3

* Height is the stocking foot measurement plus 2.5 cm.