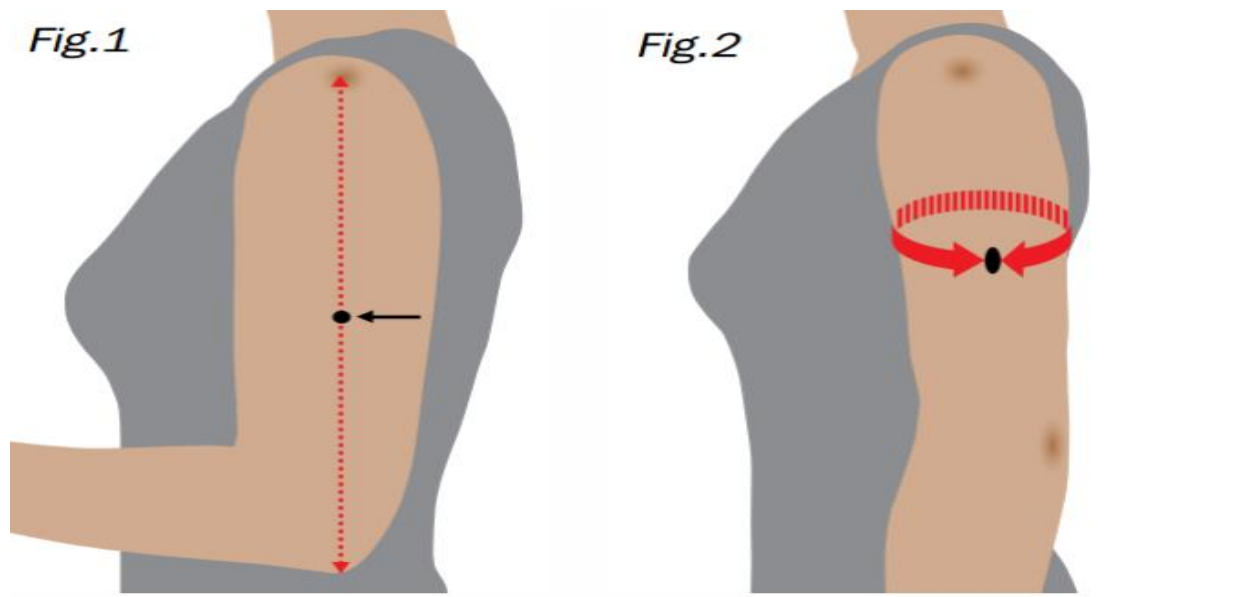


Measuring Mid Arm Circumference (MAUC)

Supplies: measuring tape, alcohol prep pad

1. Measure the circumference of the non-dominant upper arm at its midpoint, between the shoulder and elbow.
2. With the arm bent in a 90-degree angle, palpate the acromial process at the top of the humerus.
3. With a non-stretchable tape, measure between the acromial process and the olecranon process (elbow), mark the midpoint on the arm.
4. Place the tape measure around the person's arm at the midpoint and record the measurement in centimeters.
5. Wipe measuring tape with disinfectant and allow time to dry.



Original Author Molly Jenkins, Staff Development Coordinator

Historical Reviews & Revisions:

Review Date	Reviewer's Name(s)	Changes Made? (YES or NO)
5/12/2025	Dr. Anderson, Amy Lowe, Clinical Director, Shannon Johnson, Clinical Compliance	New, approved