



Female Measurement Guide

- ▶ Each patient is measured prior to the first treatment, again after the 6th (or last) treatment and one (1) week after their last treatment. Research shows Verjú continues to contour the body for at least one week after the last treatment.
- ▶ All measurement data (before and after) must be obtained at the same point on the body. It is crucial that appropriate Reference Points are used to ensure accurate and consistent results.
- ▶ The individual taking measurements must make sure the measuring tape is flush to the skin, pulled tight and is level to the ground at both front and back.
- ▶ Patients should stand with feet shoulder-width apart and relax their muscles before measuring. You can also use “colored tape” to mark the floor so the patient’s feet are always in the same position and the same distance apart. Note: Also avoid letting the patient “suck in” their tummy when measuring— this is a common reflex.
- ▶ Patients should wear the same undergarments (bra and panties) when taking each measurement.
- ▶ To ensure consistency, the Erchonia[®] Protocol requires that all measurements are obtained in relation to a standardized Reference Point (i.e. how far below umbilicus is hip measurement, or how far above knee cap for thigh measurement)

Below is a summary of Exact Measurement Areas & Reference Points.

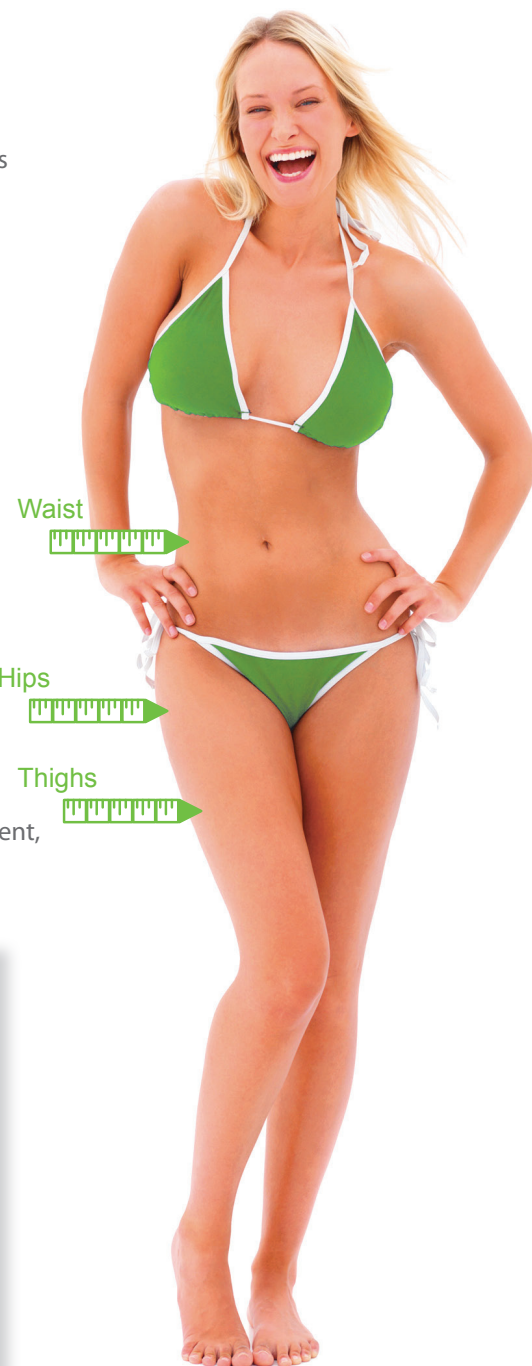
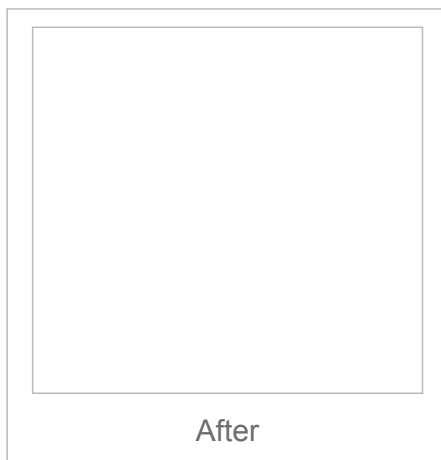
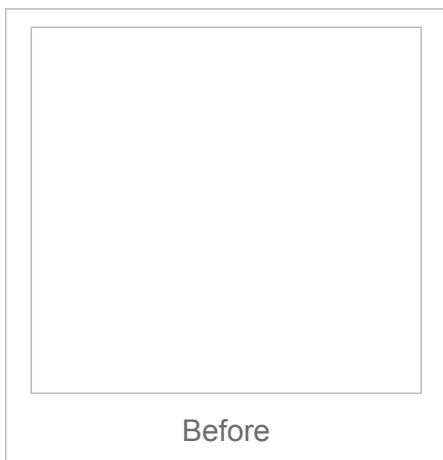
Measurement Area (Circumference in Inches)	Reference Point
Waist	Across the umbilicus
Hips	Note distance below umbilicus
Thighs (right and left)	Greatest circumference, then note distance from top of Knee Cap

Note:

Patients may also lose inches from many areas not measured and in between measured areas.

Highly Recommended:

Before & After Photos— consider taking front, side and rear views photos of each patient, preferably in front of a darker wall or backdrop.



Verjú Female Measurement Form

Practice Name _____ Physician Name _____

PATIENT INFORMATION		
Patient Name		Patient Number
Age		Height
City	State	Zip Code

VERJÚ PATIENT MEASUREMENTS RESULTS						
	1 st Appt.	2 nd Appt.	3 rd Appt.	4 th Appt.	5 th Appt.	6 th Appt.
Date of Measurement						
Weight						

Measurements	Reference Point	Diode Distance	Before 1 st VERJÚ Treatment (BASE)	After 6 th VERJÚ Treatment	1 Week After 6 th Treatment (FINAL)	Total Loss Per Measurement Area (BASE minus FINAL)
Waist						
Hips						
Right Thigh						
Left Thigh						
Total Inches Lost						
Patient Initials						
Medical Professional Initials						

VERJÚ STEPS TO SUCCESS:

- Maintain your workout regimen. If you do not work out, walk for 15-20 minutes each day throughout your treatments.
- Drink a minimum of 64 ounces of water each day.
- Eat sensibly and minimize alcohol during your treatments.
- Keep to your scheduled Verjú treatments.
- Recommended: Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes.
- *You must start and finish your scheduled Verju treatments.*
- *You must come back for your final measurement approximately 7 days after your final treatment.*