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# FINDING YOUR CUFF SIZE

Using the right blood pressure monitor cuff size is necessary for accurate readings. To find your cuff size, the American Heart Association offers the following guidelines:

IF YOUR UPPER ARM  
CIRCUMFERENCE IS

YOUR CUFF SIZE IS

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22–26 cm

Small Adult (12 × 22 cm)

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27–34 cm

Adult (16 × 30 cm)

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35–44 cm

Large Adult (16 × 36 cm)

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45–52 cm

Adult Thigh (16 × 42 cm)

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*Diabetes Self-Management*, “Home Blood Pressure Monitoring” by Joy Pape, R.N., B.S.N., C.D.E., W.O.C.N., C.F.C.N.

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