

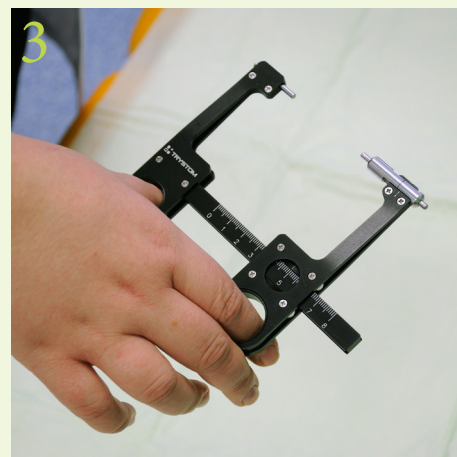
Approach to skinfold measurement for FFMI and MAMC calculation



1 Patient's education



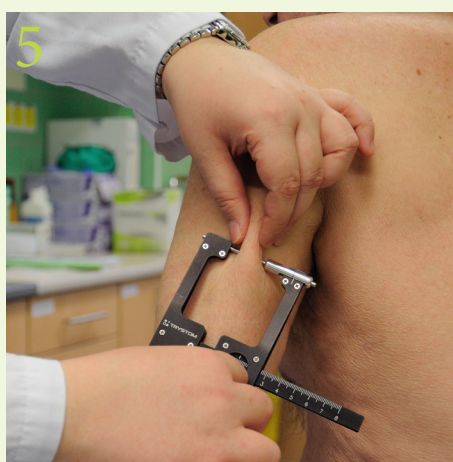
2 Calibrated metallic caliper



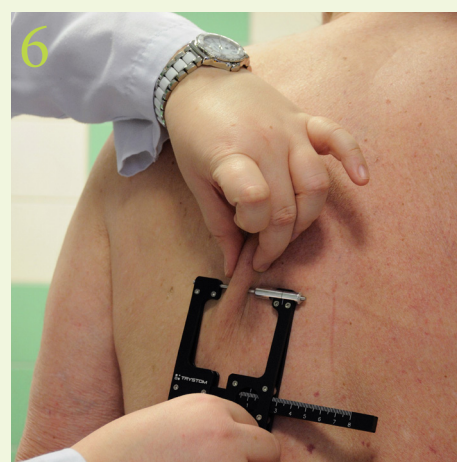
3 Holding of the caliper



4 Skinfold measurement at midline of the biceps of the dominant arm



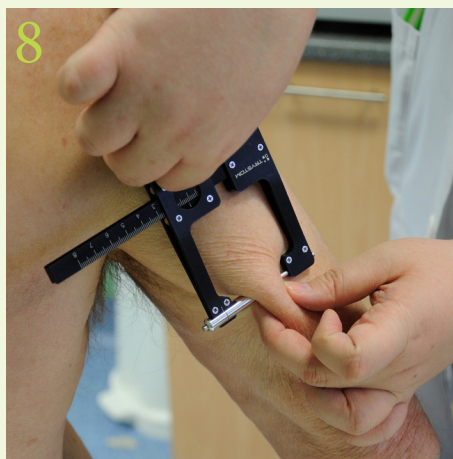
5 Skinfold measurement at midline of the triceps of the dominant arm



6 Subscapular skinfold measurement on the dominant side



7 Suprailiac skinfold measurement on the dominant side



8 Skinfold measurement at midline of the triceps of the non-dominant arm



9 Measurement of the circumference of the upper non-dominant arm

Measurements 4 to 8 are repeated three times. A free FFMI and MAMC online calculator is available at <http://chopn.registry.cz/>. Verified age, sex, weight and height are necessary for the FFMI and MAMC calculation. Men tend to overestimate their height and women underestimate their weight; therefore, patients should be weighed and measured on site.