

Using a wrist cuff to measure your blood pressure



*You should only use a wrist device if you cannot use a blood pressure device with an upper arm cuff. If a wrist device is not used properly, the accuracy and reliability of blood pressure measurements can be affected. Talk to your physician, provider or other clinical care team members for guidance on what device you should use to measure your blood pressure and to receive training on how to use a wrist cuff properly.



Correct forearm position for wrist blood pressure measurement

1. Apply the cuff to your wrist
2. Keep your elbow on table or desk with your forearm bent
3. Place your wrist at the level of your heart
4. Keep your arm relaxed and your hand resting against your body
5. Measure your wrist blood pressure without moving your arm from seated position

Avoid these common positioning mistakes²



Wrist higher than heart level



Forearm in horizontal position



Forearm vertical and close to the body

1. Nerenberg K et al. Hypertension Canada's 2018 guidelines for diagnosis, risk, assessment, prevention, and treatment of hypertension in adults and children. CJC. [www.onlinecjc.ca/article/S0828-282X\(18\)30183-1/fulltext](http://www.onlinecjc.ca/article/S0828-282X(18)30183-1/fulltext). Accessed April 24, 2018.

2. Casiglia et al. Poor reliability of wrist blood pressure self-measurement at home: A population-based study. Hypertension. <http://hyper.ahajournals.org/content/early/2016/08/22/HYPERTENSIONAHA.116.07961>. Accessed April 24, 2018.

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