

(Follows Hardware Development)

Procedure

A standardized procedure was established for taking the individual plethysmograph measurements.

The procedure as written was:

- Pull the stocking on making sure heel strap is not twisted.
- Insure that circumferential marking tapes are not twisted.
- Pull up on longitudinal straps at top of stocking firmly then release them from grasp.
- Pull slight amount of tension on circumferential marking tapes (enough tension to take up the slack but not enough to produce any constrictive force) then mark in the appropriate marking slot in the metal marking guide with the appropriate pen. Repeat for all eight tapes.
- Note the time ~~and~~ on the numbered position on the front of the stocking.

There are diurnal variations in leg volume that are affected ^{primarily} by factors such as body position ^{and} activity level. Therefore, ~~for the 1-6 preflight and postflight records it was desirable to try to get measurement within~~

with this in mind we attempted to get obtain ^{preflight & postflight} records that would reflect the greatest daily changes. ^{After an initial} The stocking ^{demonstration} plethysmographs were given to the crew members to take home with them. They were instructed to try to make 2 measurements a day, one during an ^{upright} ambulation, pre sleep period the other to be made ^{Recording was obtained}

Immediately post sleep. For this measurement the crewmember was instructed to ~~make~~ don the stocking before arising from bed. Then ~~then~~ the crewmember was to stand and immediately ~~make~~ the measurements ^{on the taps.} This procedure would then ~~helpfully~~ minimize the effects of any blood pooling due to gravity and the dynamic effects of hydrostatic pressure. It was attempted to try to obtain at least 10 pre-flight ~~pre~~ measurements (5 upright-pre-sleep, 5 post-sleep) on each crewmember. The same procedure was followed post-flight.