

10-20 TOOL™

Make the right mark!

HEAD MEASURING MADE EASY

An innovative tool that will totally change your approach for obtaining the proper measurement of the EEG electrode sites according to the International 10-20 system. With the 10-20 TOOL, you will take three initial anatomical measurements with the tape measure provided to help choose the size(s) needed, select and place the 10-20 TOOL into position and then make the right mark! As needed, use the 15 cm ruler also provided to help locate all the other adjacent electrode sites.

STEP 1

Measure the "Z-Line" distance in cm from the Nasion to the Inion.

STEP 2

Measure the "Y-Line" distance in cm from the Pre-Auricular to Pre-Auricular.

STEP 3

Measure the "C-Line" circumference in cm of the head and calculate 5% of that distance.

STEP 4

Choose your TOOL(s). There are five sizes labeled to the typical arch-length of most adult sized heads; 32, 34, 36, 38 & 40 cm.

USING A 10-20 TOOL

1. After measuring, select the corresponding tool size for the "Z-Line" measurements

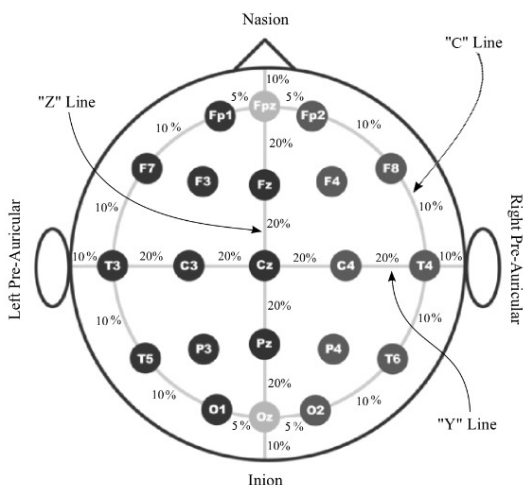
2. Gently place and align the selected tool into "Z-Line" position; Nasion to Inion

3. Using the grease pencil, mark within the corresponding Fpz, Fz, Cz, Pz, Oz holes calibrated to match the tool size you selected

4. While keeping in the "Z-Line" position, locate the cross wings located just above the Fpz and Oz holes. Starting at "0", measure out the calculated 5% distance and mark on each side to obtain Fp1 and Fp2 as well as O1 and O2

5. Remove the tool from the "Z-Line" position and repeat A and B for the "Y-Line" (Pre-Auricular to Pre-Auricular). Most often the same size will be used but, if not, select your new tool and start by simply aligning the Cz hole to your Cz head mark from Z-Line placement, then mark T3, C3, C4 and T4

To finish, use the 15 cm ruler provided with your set and measure the distance between Fp1-C3 to obtain F3 at half the distance. Repeat with Fp2-C4 to obtain F4. Repeat with O2-C4 to obtain P4. Repeat with O1-C3 to obtain P3. The remaining F7, F8, as well as T5, T6 can also be obtained in similar fashion by taking half the distance between marked adjacent sites.



Contents:

- 1 -set of 10-20 TOOLS.
(band sizes: 40, 38, 36, 34, 32 cm)
 - 1 -clear acrylic stand
 - 1 -retractable tape measure; black
 - 1 -15 cm ruler (6"); black
 - 1 -china marker/grease pencil
- Keep at room temperatures and clean by soaking with Control III or similar solution at recommended contact time. Avoid harsh scrubbing on the printed areas.

Website & Video

