

Rule of Nines Chart

Name:

Age:

Date:

Body Segment	Percentage	
Head and neck	9.0	
Upper arm (each)	9.0	
Forearm (each)	9.0	
Hand (each)	4.5	
Chest	9.0	
Abdomen	9.0	
Thigh (each)	18.0	
Lower leg (each)	18.0	
Foot (each)	4.5	
Genitalia/perineum	1.0	