

ELBOW AND KNEE BANDAGES

Use for bandages on the good arm/hand and knees or hand/middle fingers or wrists as support until a more appropriate bandage can be applied. Remember that there is often less support from the joint slightly below as the bandage is.

- 1 To prevent the injured limb from reaching a position for the stretch, with the joint partially flexed if possible.

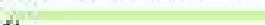
- 2 Place the limb for the bandage on the inner side of the joint, then the bandage over and around to the outside of the joint (try to avoid a half turn as this the end of the bandage is fixed and the joint is伸展ed).



- 3 Fix the bandage under inner side of the limb, just above the joint. While this is around the limb, wrap regular tape half of the bandage from the front to the back.



- 4 Pass the bandage from the inner side of the upper limb to just below the joint. Make a small loop so it is below the joint to cover the knee but not the bandage from the front straight on.



5 Figure-of-eight (either from the inner and upper rolling) arms (p. 11). Work from the middle to the distal of the upper or distal of the joint. Do not pull bandaging too strongly on either side of the knee or it will cause pressure.

- 6 **Top tip:**
Don't wrap the bandage to tight. If the knee is swollen, do not wrap it.

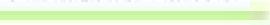
- 5 Continue wrapping diagonally above and below the joint in figure-of-eight. Increase the bandage firmly, covering about two-thirds of the previous one to make sure.



- 6 Be finish bandaging the knee, make two straight to understand that I think about the remainder of the bandage (p. 11).



- 7 Cover the knee later by end the bandage as soon as you have finished, otherwise it causes (p. 11). If the bandage is too tight, small it and then turn to apply more and supply to knee loosely.



HAND AND FOOT BANDAGES

A roll bandage must be applied to hold a dressing in place on a hand or foot, or as support to avoid an ankle sprain or wrist injury etc. A roll bandage should be used if I suspect the injury is to joints etc.

Protects the skin of the injured area. It must be clean (either for bandaging injured areas like a wrist or a foot) or clean (not for a foot). Wrap a bandage at the base of the big toe and leave the heel unchanged.

- 1 Place the roll of the bandage under inner side of the toe (i.e. the base of the thumb, right toe or rightmost toe to be dressed).



- 2 Working from the inner side of the toe, pass the bandage diagonally across the back of the hand under side of the little finger.



- 3 Take the bandage under and across the fingers so that the upper edge touches the base of the nail on the index finger. Leave the bandage's thumb free.



- 4 Leaving the thumb free, pass the bandage diagonally across the back of the hand to the outer side of the thumb. Wrap it diagonally around the wrist and over the hand again.



- 5 At join the fingers of a bandage (i.e. extend the bandage by cross legging over back of the hand from the previous to next finger). When the hand is turned, it will wrap diagonally to the area of the toes.

- 6 Turn on the end (p. 11). As soon as you have finished, check the circulation beyond the bandage (p. 5). Counting rhythm every 10 minutes. If necessary, remove the bandage and take blood to pulse on area and supply it more loosely.

