ELBOW AND KNEE BANDAGES

Roll or bandages can be used on elbows and knees to hold dressings in place or support soft tissue injuries such as strains or sprains. The reason that there is difficult to support the joint slightly, then apply the bandage in a figure-of-eight rather than the standard spiralling manner (p.53). Work from the inside to the outside of the upper or lower half of the joint. Be careful bandaging far enough on either side of it to cover an even pressure.

1 To support the injured limb, use a comfortable position for the casualty, with the joint partially flexed if possible.

2 Place the end of the bandage on the inner side of the joint. Pass the bandage over and around to the outside of the joint. Make one and a half turns, so that the end of the bandage is fixed and the joint is covered.

3 Pass the bandage over the inner side of the limb, just above the joint. Make one turn around the limb, covering the upper half of the bandage from the first turn.

4 Pass the bandage from the inner side of the upper limb to just below the joint. Make one diagonal turn below the joint so covering the lower half of the bandage from the first two eight turns.

WARNING

Do not apply the bandage in a tight fashion as this may cause a circulation problem.

5 Continue the bandage diagonally above and below the joint in a figure-of-eight, increasing the bandaged area by covering about two thirds of the previous turn to make it secure.

6 To finish bandaging the joint, make two or three turns around the limb, above the end of the bandage (p.53).

7 Check the circulation beyond the bandage as soon as you have finished, then every 10 minutes (p.51). If the bandage causes pain, remove it and allow the limb to apply more and reapply in a more loosely.

HAND AND FOOT BANDAGES

A roller bandage may be used to hold dressings in place on a hand or foot, or as a support to avoid or limit further injuries. It is good bandage should fit snug and not hamper the injured area. Bandaging should be used in the order of the injured area. The method shown below for bandaging a hand can also be used on a foot; in this case, begin bandaging at the base of the big toe and leave the foot unbandaged.

1 Place the end of the bandage on the inner side of the wrist, by the base of the little finger. Make two or three turns around the wrist.

2 Working from the inner side of the wrist, pass the bandage diagonally across the back of the hand under and behind 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 casualty's thumb free.

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

5 Repeat the sequence of diagonal turns. Extend the bandaging by covering about two thirds of the bandage from the previous turn to make it secure. When the hand is covered, finish with two or three turns around the wrist.

6 Secure the end (p.53). As soon as you have finished, check the circulation beyond the bandage (p.51). Do this every 10 minutes. If necessary, use a little bandage and take blood supply more and reapply it more loosely.