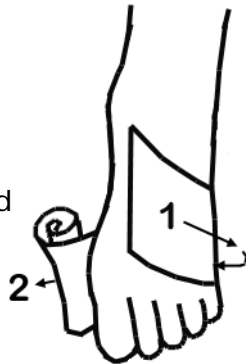


## APPLICATION OF AN ELASTIC BANDAGE TO THE LEG

An elastic bandage is a stretchy rolled bandage that applies gentle pressure and support on the tissues usually around an injury. You may need an elastic bandage to help decrease pain and reduce swelling of an injured area. They are called "Ace bandages" after the most common brand and come in a variety of widths.

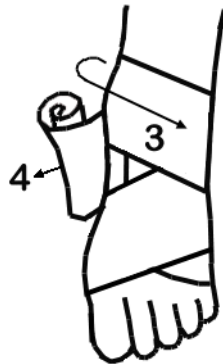
1. Using a 4" elastic bandage, start on the instep. Cross over to the little toe and around the bottom of the foot just below the toes.



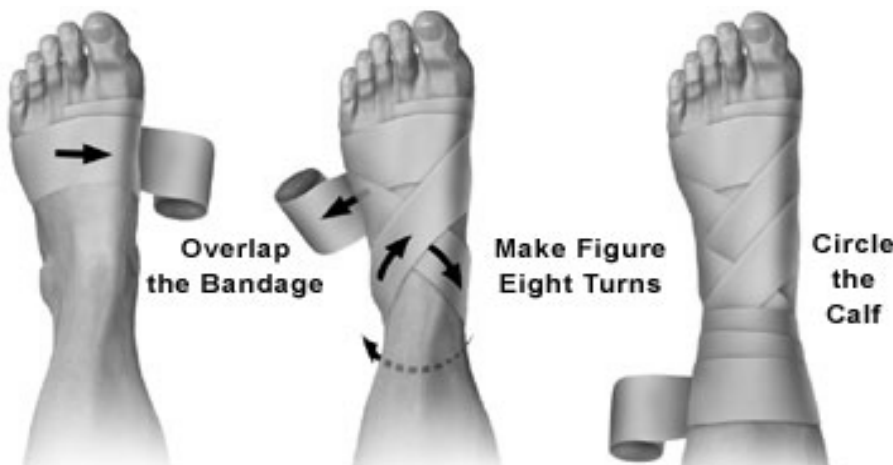
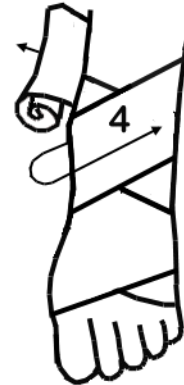
2. Cross over the instep from the toes. Circle and cover the heel.



3. Return over the instep toward the toes again, forming an "X" or figure-8 around the foot. Care should be taken that the wrap is overlapped by one-half to one-third of its width each time you go around, so no skin is exposed.



4. Continue this figure-8 or circular wrapping up the leg. To allow motion, be careful not to overwrap at the ankle and the knee in particular. Once you have used the 4" elastic bandage then use 6" elastic bandage over the calf and proceed to just below the knee.



### PRECAUTIONS:

If the bandage separates or becomes loose, rewrap it. Inspect your toes for discoloration, swelling or coldness. If these occur, check the wrapping to see if it is too tight or too loose. Remove the wrap, elevate your legs above your body until the discoloration disappears and re-apply the ace wrap. Do not leave the wrap off for more than one hour at any one time. Never wrap the middle of a leg without wrapping the foot area.