

Non-elastic, short stretch Wrapping Technique

Objectives

- effective reduction of edema
- prevention of recurrence of edema
- optimal stability at the ankle area
- good muscle pump support



Start with a wrap that is 3 inches or 8 cm. wide. Begin over the lateral malleolus and only use mild tension over the front of the ankle.



Continue wrapping over the foot toward the base of the toes. Wrap with light tension.



Encircle the foot at the base of the toes once and wrap back up the foot toward the ankle.



Once the medial malleolus has been reached, wrap over the Achilles tendon and cover the lateral malleolus.



Completely encircle the heel with a second turn. Once the heel has been covered, wrap the lower leg toward the mid-calf.



Overlap approximately 50% of the bandage with each successive turn of the wrap as you proceed toward the mid-calf.



Make sure that the wrap is applied smoothly and does not wrinkle. Fix the end of the first wrap with tape.



The second bandage (4 inch or 10 cm. wide) starts over the lateral aspect of the heel and goes over the top of the foot, then encircles the mid-foot like a stirrup, and finally covers the medial malleolus.



Continue to wrap with the second bandage toward the calf muscle and wrap snugly but with consistent tension. LaPlace's Law applies here, so that if a consistent wrapping tension is maintained, the thinnest portion of the limb—the ankle—will be under the highest pressure.



Wrap the calf until the bandage runs out approximately two fingerbreadths below the patellar crease.



The complete bandage should feel snug and highly supportive but not too tight. Fix the end of the bandage with tape.