

Hand Therapy

Elastic wrap – pinch method

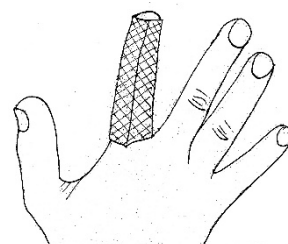
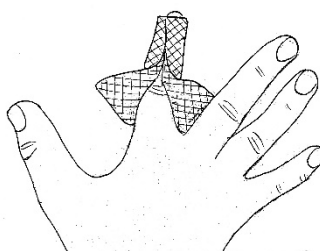
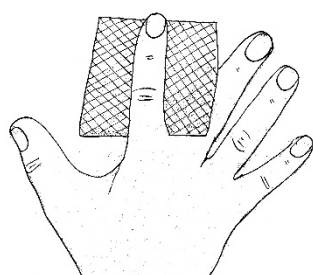
(E.g. Coban®, Coflex®)

What is high stretch elastic wrap?

High stretch elastic wrap is an elastic bandage that sticks to itself. It is used to move swelling out of the affected body part. It is light so you can still do your exercises with it on.

How to apply it

1. Place a strip of elastic wrap under your swollen finger or thumb. Leave the fingertip out so you can check your circulation.
2. Pinch the two edges together to form a seam. Do not stretch it too much - it can cut off your circulation.
3. Cut off the excess elastic wrap.
4. Make sure it fits down to base of finger



Precautions

- Do not stretch too much (wrinkles on wrap should still be seen).
- Do not use over an open wound.
- Do not use if you have circulation problems.
- Ensure the high stretch elastic wrap is flat not puckered so even pressure is applied.
- Do not allow it to roll or bunch.
- This product contains rubber latex which may cause an allergic reaction in some people. Remove elastic wrap if you have any problems.

Warning

The area of application should be frequently checked for signs of increased swelling or pain, change in skin colour or tingling / numbness. If you notice any of these changes, remove the elastic wrap and call your therapist.

Please contact your therapist if you have any queries or concerns.

Therapist _____ Phone Number _____

Acknowledgements and Images: Lyn Miles (Occupational Therapist, Princess Alexandra Hospital).
Published: 2012 Reviewed: March 2019 Review due: March 2024 Handout number: 20.0
An initiative of the Queensland Hand Therapy Network (QHTN).